

From Average to Elite

Cop the Secrets of the PBA's Fittest, P.64

**FIRE UP
HER DESIRE**

24 MOVES TO **TURN ON HOT WOMEN**



**YOU
IMPROVED!**

Men's Health

EXCLUSIVE! MH LaBoracay Workout

28-DAY FATTORCH

Huge Arms, Lean Abs by May 1!

TEASE HER MIND, PLEASE HER BODY

P. 46

CHEAT DEATH!

Quit this Fatal Habit Now

P. 56

The Men's Health Guy

Matteo Guidicelli

GET IRONMAN

FIT

MUSCLE FOOD IN MINUTES

DIY Protein Bars,
P. 96

6
Salad
Saboteurs
Spot them on
P. 18

45 STOMP- STYLING KICKS

P. 70

APRIL 2015

ISSN 8080-2737



9 778080 273003

FACEBOOK.COM/MENSHHEALTHPHILIPPINES



BUILT



ford.com.ph

 **Ford Philippines**
Facebook is a registered trademark of Facebook Inc.

 **@FordPhilippines**

 **fordphilippines**

TOUGH.

FORZA

TRIATHLON



Go Further



FULL FORCE

The triathletes of Team Ford Forza showed what it really means to be tough as they pushed their way through each leg of the Century Tuna Ironman 70.3 Subic Bay

Just outside of the Subic Bay Exhibition and Convention Center, a small group of people arrive in a convoy of Ford Rangers and EcoSports. As they alight, large cameras snap photos and each of them takes a turn at interviews. If there had only been a red carpet laid out, one might have thought it was gathering of famous movie stars. But that's only partially true. They are the Ford Forza Triathlon Team: an assembly of athletes from different ages, skill levels, and walks of life; together now for the Century Tuna Ironman 70.3 at Subic Bay. That's a 70.3-mile triathlon, which translates to 113 kilometers—1.9 by sea, 90 on a bike, and 21 on foot. With well over 900 racers set to run it, this Ironman has drawn people from all over the world—Australia, America, Japan, and France. It's a tough race for tough athletes, and Team Ford Forza is about to take it on.

THE TEAM

Team Ford Forza boasts a line-up not unlike the cast of a movie. Matteo Guidicelli, his father Gianluca, and his sister Giorgia are joined by Victor Basa, Dyan Castillejo-Garcia, Ivan Carapiet, AF Benaza, Kristy Onglatco, Jomer Lim, Ranvel Rufino, Stefano Marcelo, and Claudia Tagle. They've also enlisted professional triathletes Elmo Clarabal and Philip Dueñas as their elites. It's definitely a mixed bag. "The team is pretty new; just formulated. We have different kinds of people... some that are seasoned, and some

that are new," says team captain Gianluca Guidicelli. But each is as determined as the next to blaze through this triathlon.

FURTHER THAN EVER

Almost 36 hours later, it's race day. Just as the rising sun begins to peak out of the mountain ranges surrounding Dungaree Beach, Team Ford Forza is already assembled on the sand. Donning swim caps of different colors—coded based on division—the team's swimmers wet their feet against the tip of the shore for the first leg. The countdown to gun start begins,



FORZA
TRIATHLON

#fordforza #gofurther #builtfordtough
@forzatriathlon Forza Triathlon



“You need to be tough, both mentally and physically. And that’s what the team showed.”



Team Ford Forza trained for months leading up to the Century Tuna Ironman 70.3 at Subic Bay, and their work paid off incredibly. Giorgia Guidicelli took first place in the women’s 18 to 24 age division, and their mixed relay team, lead by Stefano Marcelo and Claudia Tagle placed second.



and tension amid the throng of triathletes builds. As the go signal breaks the silence, fireworks shriek upwards, leaving trails of colored dust behind. The Century Tuna Ironman 70.3 Subic Bay is under way, and Team Ford Forza is rolling in full force.

After they swim off into the distance and return to complete a near two-kilometer lap, not a second is wasted. With Matteo and the elites among the first to return, the mad dash to transition starts right out of the water. The 90-kilometer bike leg begins at Subic Bay International Airport’s airstrip. It’s a scenic start, but it’s also the racers’ first taste of the harsh sun that would beat down on them throughout the triathlon.

From the airport, bikers pedaled their way up to Floridablanca via SCTEX. It immediately becomes apparent that 90 kilometers is no joke, and that athletes are being put to the test. But the resilient trudge on—and not a single member of Team Ford Forza lets up. Zooming past tollgates and Subic’s forested outskirts, bikers return to the convention center to transition to the third and final leg: the 21-kilometer run.

At this point, many weaker men and women would have thrown their towels in. But it wasn’t that kind of day for Team Ford Forza. They took stride after labored stride on Subic’s roads. It was the denouement to months of hard work—a few kilometers left, bodies aching, lungs gasping for air, skin sizzling under the heat. One last push.

It was a little past noon when athletes began to cross the finish line. Elmo Clarabal came in at 33rd overall—Ford Forza’s first finisher. Matteo and Ivan followed not long after, and so did the rest of the team. Ford Forza’s men and women have completed the Ironman 70.3. The race is over, and racers are met with a deluge of satisfaction.

BUILT TOUGH

It’s only after the race that one can begin to grasp exactly how demanding this triathlon is. “You need to be tough, both mentally and physically. And that’s what the team showed: they’re tough. They’ve shown that they have what it takes to go further and finish the triathlon,” says Prudz Castillo, Ford Group Philippines’ AVP for marketing. Team Ford Forza’s months of preparation have paid off. Not only did each of their racers finish—the team took home some decorations of their own. Giorgia Guidicelli placed first in the women’s 18-24 age division, and their mixed relay team, lead by Stefano and Claudia, placed second in their division. Those are titles that, on an event of this scale, are truly something to be proud of. And despite having just gotten done with this one, it seems that they’re already looking to the next race. “I struggled in the run, but now I know what to work on, for next time,” says Giorgia. In the manner of truly tough champions, Team Ford Forza won’t settle with their current success. They’re already set to go even further. ■



Victor Basa



AF Benaza



Ivan Carapiet



Elmo Clarabal



Philip Dueñas



Dyan Castillo Garcia



Gianluca Guidicelli



Matteo Guidicelli



Giorgia Guidicelli



Gianpaolo Guidicelli



Jomer Lim



Stefano Marcelo



Kristy Onglatco



Claudia Tagle

04.15

COVER STORIES
FEATURES

Men'sHealth®



“
I want to
work hard
today so I
can get
better
tomorrow”
MATTEO GUIDICELLI,
PAGE 28

28

Get Ironman Fit

Matteo Guidicelli's secrets to becoming stronger, faster, fitter, happier

BY CEEJ TANTENGCO

36

6 Salad Saboteurs

Keep your green-gobbling ways nutritious, not disastrous

BY TRISHA BAUTISTA

50

Tech Support

Break free from smart phone dependency

BY LIO MANGUBAT, GABRIEL A. PANGALANGAN, AND ENRICO MIGUEL T. SUBIDO

56

Cheat Death

New science on quitting smoking, tested

BY ENRICO MIGUEL T. SUBIDO

62

Beat the Binge

Why you over-do anything and how to avoid it

BY TRISHA BAUTISTA

64

From Average to Elite

The nation's fittest basketball stars lead the way

BY OMAR GLENN D. BELO, CEEJ TANTENGCO, AND CARLO PAMINTUAN

70

45 Stomp-Styling Kicks

Complete your dressy or casual look with the right shoes

BY AMADOR R. MADAMBA

79

Meaningful Mark

What your tattoo says about you

BY AYA TANTIANGCO

94

Dominate Your Liga

Hardcourt hacks to elevate your game

BY MIKE DIEZ

97

28-Day Fat Torch

Ripped and ready in time for LaBoracay

BY JOSE GEMORA, C.S.C.S.

“feel good, look great”

SPRINGFIELD

GREENBELT 3, SM MEGAMALL, SHANGRI-LA PLAZA MALL, CORTE DE LAS PALMAS-ALABANG TOWN CENTER, TRINOMA
EASTWOOD MALL, RUSTAN'S MAKATI, BONIFACIO HIGH STREET, AYALA CENTER CEBU, POWER PLANT MALL-ROCKWELL CENTER
ABREEZA MALL-DAVAO CITY, ROBINSONS MAGNOLIA, SM MALL OF ASIA, BLUE BAY WALK, AYALA FAIRVIEW TERRACES, ESTANCIA, SM SOUTHMALL

Exclusively Distributed by SSI Group, Inc.

SPF.COM | #DARETOSHARE





Moderation matters 62



Shoe game upgrades 70



Road warrior 42



Power eating 92



Smarter salads 36

More Useful Stuff...

8 FROM THE EDITOR

12 ASK THE EXPERTS

Our experts answer your questions

14 ASK MEN'S HEALTH

What is "bulletproof" coffee?

17 MH ALERTS

Press-stopping health, nutrition, fitness, sex, and weight loss news

35 MH FOCUS

Life's winning strategies, made easier to digest

112 HOW TO DO SUMMER BETTER

Pull the perfect prank, take a vacation for a cause, impress the MH Girls of Summer



ON THE COVER

Matteo Guidicelli
Photograph by Jay Tablante
Styling by Rex Atienza. Assisted by Aldrin Paul Cabalu at StyleList, Inc.
Grooming by Mike Bawa
Tri suit from 2xu, jeans and blue t-shirt from American Eagle
Outfitters, white shirt from Birshka, watch from Swatch

Nutrition

22 The Good Brew

Give your liver a whole latte lovin'

86 Small Fruit, Big Benefits

Add berries to your superfood list

BY MAAN D'ASIS PAMARAN

Health

18 Boost Your Brain

Four must-know mind tricks

38 Pill Power

Your medicine cabinet should not lack these OTC lifesavers

BY ROANNE DURAN

Mind

40 Knock Burnout Flat

Fight stress with a little imagination and a lot of visualization

BY REGINE RAFAEL

44 Think Tough

UFC veteran Urijah Faber shares how he's always battle-ready

BY WAYNE JOSEPH TULIO

Fitness

93 Apps for Abs

The techie way to a brawny body

BY LIO MANGUBAT

96 Fast in a Flash

Sprint strong and smart

BY WAYNE JOSEPH TULIO

Sex & Relationships

46 Tease Her Mind, Please Her Body

Use these mental tricks on date night as your access pass to her bedroom

BY MAITA DE JESUS

84 When Girl Talk Goes Bad

Turn gossip into praise

BY ANA P. SANTOS

Guy Wisdom

88 This is a Digital Intervention

How to save your social media life that could be silently killing you

BY ISA GARCIA

98 Go Green

Strip away stress and save the planet, one plant at a time

**IMITATORS, PRETENDERS AND WANNABES:
NICE TRY.**



The new Golf GTI.
Often copied. Never equalled.

Visit www.volkswagen.com.ph

ASC Ref. No. A091P021815V



Das Auto.

Men's Health®

The World's Largest Men's Magazine

6F & 7F Robinsons Cybergate Center Tower 3, Robinsons Pioneer Complex Pioneer St., Mandaluyong City 1550

Allan A. Madrilejos
TEAM EDITOR

Marc Z. Yazon
ART DIRECTOR

Omar Glenn D. Belo
DEPUTY MANAGING EDITOR

Amador R. Madamba
LIFESTYLE EDITOR

Lio S. Mangubat
FEATURES EDITOR

Enrico Miguel T. Subido
ASSOCIATE FEATURES EDITOR

Wayne Joseph H. Tulio
ASSISTANT SECTION EDITOR

Gabriel A. Pangalangan
STAFF WRITER

Sharleen P. Banzon
COPY EDITOR

Lisa Gokongwei-Cheng
President and COO

HANSEL DELA CRUZ
VP For Operations
EDNA BELLEZA
Publisher

CHRISTINE ONGTECO-SANDEJAS
Deputy Group Publisher
ARLO VICENCIO Associate Publisher
ANYA ONG Senior Publishing Assistant
JO-ANN MAGLIPON, MYRZA SISON
Editorial Directors

ELIZ RELLIS Production Manager
JANE M. PUNO Assistant Production Manager
ARNEL LAIGO Production Coordinator
MAGS E. CASTRO IS and Administrative Director
WHILMA LOPEZ Admin Services Manager
MICHEL LUMABI, MARLYN MIGUEL, LALAINE BERNARDO
Sr. Administrative Assistants

SUMMIT DIGITAL
WEB BUSINESS OPERATIONS
MANAGER Dennison Ko

ADVERTISING
GROUP ADVERTISING DIRECTOR
Florence Bienvenido
ADVERTISING EXECUTIVE ASSISTANT
Rita Barbacena
ADVERTISING DIRECTOR
Regie Uy
KEY ACCOUNTS SPECIALISTS
Junn de las Alas, Joey Anciano,
Annie Santos, Alex Revelar,
Suzette Tolentino, Joyce Argana
KEY ACCOUNT ASSISTANTS
Chingay Cabit, Ashley Balla,
Maricel Adaniel, Marie Jo Calubay
ADVERTISING MANAGER
Maiza Mueco
ACCOUNT MANAGERS
Ginger Tadiran, JJ Dinglasan,
Bem Caharian, Melinda San Diego
JUNIOR ACCOUNT MANAGER
MJ Pineda
ADVERTISING ASSISTANT
Lorena Santiago
ADVERTISING TRAFFIC SUPERVISOR
Arnel Laigo
ADVERTISING TRAFFIC ASSISTANT
Arthur C. Villafior

IN-MAGAZINE PROMOTIONS & DESIGN - MARKETING 2
JR. MARKETING ASSOCIATES
Mary Princess Derit, Karla Co
DATABASE ENCODER Sheryl Maragun
COPYWRITER Krystel Malinis

EVENTS - MARKETING
ASSISTANT MARKETING MANAGER
Roberlin Rubina

PROJECT OFFICERS Rica Lozada,
Dorothy Bulan
SENIOR MARKETING ASSOCIATES
Juan Paolo Maningat, Joe Carl Briton,
Elizabeth Acosta, Valine Aquino
JR. MARKETING ASSOCIATES
Katrina Camille Peña, Rachelle Anne
Castillo, Neil Emerson De Guzman,
Charmie Abarquez, Roi Kevin Palma,
Katherine Calleja, Mary Joyce Montinola

TRADE MARKETING
TRADE MARKETING ASSOCIATE,
OIC Jamie Jeane Isio
TRADE MARKETING ASSOCIATES
Hannah Roque, Lalaine Taguam,
Mark Munoz
PROJECT COORDINATOR Joylyn Guinto
VISUAL MERCHANDISER Elmon Villanueva

MEDIA RELATIONS
MEDIA RELATIONS ASSOCIATES
Karina Leal, Justin Convento

CREATIVE SOLUTIONS
Cosmopolitan, Women's Health, Men's
Health, Runner's World
ASSOCIATE CREATIVE DIRECTOR
Iza Santos
ASSISTANT MANAGING EDITOR
Patricia Era
ART DIRECTOR Jay Dimayuga
SENIOR GRAPHIC DESIGNER
Anisa Privado
ASSOCIATE ART DIRECTOR
Ehly Garcia
COPYWRITER
Lara Agay
JUNIOR PRODUCER
Pearl Bacasmas
TRAFFIC COORDINATOR
Michelle Acanitlado

CIRCULATION
CIRCULATION MANAGER
Alma M. Madelo
CIRCULATION MANAGER-GMA
Glenda Gil
PROVINCIAL SALES MANAGER
Alexis Martinez
INTERNATIONAL DISTRIBUTION
SPECIALIST Ulysses Javier
DISTRIBUTORS GROUP HEAD
Marlou Rubinos
KEY ACCOUNTS GROUP HEADS Elaine
Mae Lozada, Vivian Manahan
AREA SALES SUPERVISOR-LUZON
Carlo Peralta
SR. CIRCULATION SUPERVISOR
Fatima Flores
KEY ACCOUNTS SPECIALISTS
Jinky Rose Calugtung, Jennifer Tolentino

SUBSCRIPTION & DIRECT SALES
OFFICER Hanna Monfezer

DISTRIBUTOR'S SPECIALIST-CENTRAL LUZON Gian Carlo Peralta
NEWSSTANDS SUPERVISOR
Joel Valdez

SALES REPRESENTATIVES-GMA
Vivian Manahan, Charlotte Barlis, Noreen
Sescon-Peligro, Jenny Reparep, Vernice
Torres, Lhon Bituin, John Lakhi Celso
SALES REPRESENTATIVES-PROVINCIAL Rodel Revilla, Vicmar Dave
Awid, Sermand Lacza, James Russel Dris,
Jerome Espejo, Ferdinand Oredo
SUBSCRIPTION COORDINATOR
Jofet Abad
DISTRIBUTION ACCOUNT ANALYST
Mary Anne Ayeste
CIRCULATION ADMINISTRATIVE
ASSISTANTS Marjorie Abuerno, Elnie
Marie DelosSantos
CIRCULATION MANAGER Norman Campo

RODALE INTERNATIONAL
ROBERT NOVICK
Senior Vice President, Rodale International
KEVIN LABONGE Executive Director,
Business Development and Marketing
ANGELA KIM Director,
Business Development and Marketing
MARIA URSO Manager,
Business Development and Marketing
JENNIFER LALLY Business Manager
DANA RICH Coordinator,
Business Development and Marketing
JOHN VILLE Editorial Director, Rodale
International
LAURA ONGARO Deputy Editorial
Director, Women's Health and Prevention
VERONIKA TAYLOR Deputy Editorial
Director, Runner's World and Bicycling
KARL ROZEMEYER Content Manager
SAMANTHA QUISGARD Editorial
Assistant
HAVEZ Production Assistant

FOR DEALERSHIP/
DISTRIBUTORSHIP INQUIRY
Contact the Circulation Department

451-8888
loc. 1086-87

Look for Mayleen Laron
or Caroline Herrera. Or email:
subscribe@summitmedia.com.ph
For Back Issues, contact FILBARS.
Look for Loel, 413-9688/416-2459.
Under no circumstances shall

Men's Health content be copied or
reproduced in any form without the written
permission of the publishers. Men's Health
editors and publishers shall not be held
liable for unsolicited materials. All prices
and specifications published in this
magazine are subject to change by
manufacturers and retailers.

Printed in the Philippines.

Global Editions/ EDITORS-IN-CHIEF

Australia
IAN COCKERILL
Brazil
AIRTON SELIGMAN
Bulgaria
VLADIMIR KONSTANTINOV
China
ZHOU SONG
Croatia
ROBERT FRKOVIC
France
MICHEL BIRNBAUM
Germany
MARKUS STENGLEIN
Greece
VASSILIS GEORGAKAKOS
Hungary
MATE PASZTOR
India
ARON PURIE
Indonesia
NINO SUJUDI
Italy
LUIGI GRELLA
Kazakhstan
ANDREY MANUYLOV
Malaysia
GARETH CORSI
Netherlands
JAN PETER JANSEN
Philippines
ALLAN MADRILEJOS
Poland
KRZYSZTOF KOMAR
Portugal
PEDRO LUCAS
Romania
MIHAI GHIDUC
Russia
KIRILL VISHNEPOLSKY
Serbia and Montenegro
IVAN RADOJCIC
Singapore
SHERWIN CHUA
South Africa
JASON BROWN
Spain
JORDI MARTINEZ
Thailand
CHATCHAWIN UNHANUN
Turkey
FATIH BÜYÜKBAYRAK
Ukraine
DMITRY PRIBYTKO
United Kingdom
TOBY WISEMAN

Latin America
FRANCISCO CUEVAS
ARGENTINA
ARUBA
CHILE
COLOMBIA
COSTA RICA
DOMINICAN REPUBLIC
CURACAO
ECUADOR
EL SALVADOR
GUATEMALA
HONDURAS
MEXICO
NICARAGUA
PANAMA
PERU
VENEZUELA



THE PHILIPPINE'S LEADING MAGAZINE PUBLISHER

TALK TO US Summit Media is the leading magazine publisher in the country, and we have our customers to thank for that. If you have any inquiries, comments, and concerns, please feel free to email us at customer@summitmedia.com.ph. Your feedback will help us serve you better.

TRUNK LINE

451-8888

~~RUN~~ IGNITE

PUMA IGNITE FEATURES OUR MOST RESPONSIVE FOAM EVER.
YOU PUT THE ENERGY IN AND PUMA IGNITE GIVES IT BACK



FOREVERFASTER **PUMA** 

Abreeza Mall Davao • Ayala Center Cebu • Bonifacio Highstreet • Centrio Mall CDO • Festival Supermall Alabang
Gaisano Mall of Davao • Gaisano Mall of Gensan • Glorietta 4 • Greenbelt 5 • Newport Mall • TriNoma

From the Editors™

THEY GOT GAME

I want my hardcourt heroes to be the stuff of legend—mythical beings who rise above analytics-fueled adulation and live on in tales that speak volumes of their unparalleled brilliance, magnificence, and love for the game. This month is a great time to tell you of such stories as the Philippine Basketball Association celebrates its 40th year.

Excuse the high standard that I set, gentlemen. But as someone who was born to a family of certifiable basketball nuts (my parents worked for Crispa Floro Textile Corp., mother company of the legendary Crispa Redmanizers, in the '70s)—I was hardwired to expect so much more from my would-be hoops gods.

The excellence I know was rooted in the examples once displayed by the masters who came before the current crop of PBA idols we all embrace today: the two-time Grand Slam-winning Redmanizers, led by Atoy Co and my personal favorite, the effortlessly effective Philip Cezar; Toyota's fearsome tandem of Robert Jaworski and Ramon Fernandez; the deadly sniping, mesmerizing air-walking attacks to the rim, and outstanding on-court orchestration of San Miguel Beer triumvirate Allan Caidic, Samboy Lim, and Hector Calma, respectively.

These icons not only represented everything we love most about the sport, they also taught us how to best achieve success—through good old fashioned grit, hardwork, and selflessness. These ideals were kept alive by Alvin Patrimonio, Johnny Abarrientos, Danny Idefonso, Benjie Paras, Jimmy Alapag in the years that followed and continue to be championed today by the likes of Marc Pingris and even fiery coaches Tim Cone and Yeng Guiao.

Equally praiseworthy are the very low-key foursome of Purefoods Star Hotshots' Mark Barroca, GlobalPort Batang Pier's Terrence Romeo, San Miguel Beer's Alex Cabagnot, and Meralco Bolts' Jared Dillinger, do-it-all ballers who are just as adept at operating away from the spotlight as they are in it. They may not be the prototypical go-to-guys in the classic sense that we've all been spoiled to know, but we doubt they'll ever mind not being called that. What motivates them, after all, is to dish out quality performances every time they're out on the floor.

We know this for sure because that's what they told us after we saw them literally killing themselves at the gym to sharpen their already competitive edge—all this work they do on top of the grueling practices and challenging conditioning sessions they have with their respective teams. Their beast-mode secrets are yours now, thanks to our special "Get PBA Fit" feature on p.64. Use them to whip your body and mind into fighting shape. And while you're at it, supplement your training with extra knowledge from "King of the Court" on p.94, our smart guide to creating a playground hoops master out of you.

Don't you worry now about not having proper inspiration, either, because we took care of that for you, too, enlisting the driven actress Jasmine Curtis-Smith and the rest of the scintillating MH Girls of Summer to cheer you on.

Now go and rule this epic summer, hero—and let your legend be known!

Allan M.

Want to read Men's Health on the iPad?

Search for it in www.summitnewsstand.com.ph for Android and for iOS users you can download our magazine via the Buqo App at www.buqo.ph.



00:02 LIFESAVERS

1

SHIFT YOUR LIFT

Demand more from your deadlifts by using a staggered stance for half your sets. By putting one leg behind you, you'll be able to work your front leg and hip harder without sacrificing too much stability. This also helps you strengthen any imbalances between sides.

BJ Gaddour, C.S.C.S., CEO of Stream-FIT.com; author of *Your Body Is Your Barbell* (Rodale, 2014); creator, *Men's Health DeltaFIT Speed Shred*

2

WATCH YOUR TONGUE

When you finish brushing your teeth, stick out your tongue and look in the mirror. Changes in its color and texture can presage a variety of problems. An unusually glossy surface, for instance, could signal an iron or vitamin B12 deficiency. Bring any concerns to your dentist.

Mark S. Wolff, D.D.S., Ph.D., professor and chair, department of cariology and comprehensive care, New York University College of Dentistry

3

BACK OFF THE ENERGY ELIXIR

Careful what you wish for: In a Swiss study, men who drank an energy drink and did a mentally stressful task saw systolic and diastolic blood pressure spikes that were 6 and 3 points higher, respectively, than those of water drinkers. The jump could lead to heart problems.

Prediman Krishan Shah, M.D., professor of medicine and cardiology, Cedars-Sinai Medical

→
We
couldn't
have
done it
without...

Ceej Tantengco

Ceej is part of Bad Idea, the branding team behind Hole in the Wall and Wrong Ramen. She bought a pair of running shoes immediately after interviewing this month's cover guy Matteo Guidicelli. **The most daring thing I'll do this summer is:** "a flight to Iloilo that I randomly booked last night. Zero plans—can't wait!"



Anna Felipe

Anna is the newest editor of *Yummy* magazine. She spends her days getting familiar with the thriving Manila food scene, and her nights training for her first 10K race after a 6-month hiatus.

The most daring thing I'll do this summer is: "to rest well and without regret. I'll take the time to just rest and recharge, sleep in on weekends, read a book or two, enjoy staycations, and have long meals without feeling guilty."



Tracy Ayson

Tracy is a personal stylist of several celebrities, including this month's cover girl Jasmin Curtis-Smith. She also styled our Girls of Summer special.

The most daring thing I'll do this summer is:

"Climb Mt. Pulag, go on a 1-week trip in Thailand with my bestfriend, and apply for summer school and internship in New York."



HOW WELL DO YOU KNOW YOUR LIVER?

It's easy to identify what's healthy for our liver—leafy greens, lean meat, low-fat dairy products, fruits—the list goes on. But do you exactly know how to identify a healthy liver against an unhealthy one? LiverMarin, a dietary supplement which helps in protecting your liver from harmful toxins, has prepared some ways for you to be informed on how to distinguish a healthy liver from its unhealthy counterpart.

There are four kinds of classifications for your liver's health.

Here's how a healthy liver looks like:

HEALTHY LIVER



The liver is the largest organ in the human body. Its shape is usually somewhat an elongated triangle which is mainly color reddish dark brown and its shape is not deformed. This healthy liver is able to perform its functions: detoxification, aids in digestion and creating certain nutrients for the body.

Meanwhile, if you have been quite unmindful of your liver's health, this is how it looks like:

FIBROTIC LIVER



This is a stage wherein your liver becomes fibrotic. A fibrotic liver leads to certain kinds of hepatitis, particularly hepatitis C. In a fibrotic liver, continuous inflammation and scarring is evident.

If you are continuously exposed to the unhealthy lifestyle (excessive alcohol drinking, eating too much fatty food, drug overdose), this leads to a cirrhotic liver:

CIRRHOTIC LIVER



A cirrhotic liver is the one which incurs excessive scarring that blocks the flow of blood through the liver over time. This is the stage when the liver starts to cease performing its functions regularly, thus, leading to the liver's final stage, liver failure.

Lastly, this is how the liver looks like when fully damaged:

LIVER CANCER



At this stage, a malignant tumor has formed in the liver, thus, ceases the functions of the liver. Liver cancer is caused by birth defects, alcohol abuse, or chronic infection with diseases such as hepatitis B and C, hemochromatosis (a hereditary disease associated with too much iron in the liver), and cirrhosis.

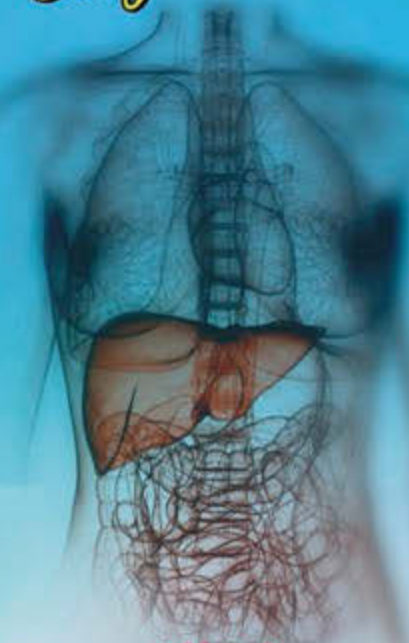
Developing a liver failure may surely take a lot of time, a whole lot of beers and fatty foods to enjoy, but it's not enough reason for you to forget protecting your liver. With the help of proper diet, exercise and a whole lot of self-control, you can protect yourself from liver failure. On top of your healthy liver regimen, you can take a daily dose of LiverMarin for an even better liver protection. LiverMarin contains Silymarin – safeguards your liver against diseases like liver cirrhosis, and hepatitis; and Sodium Ascorbate – helps in the absorption of Silymarin in the body to enhance its effect.

Take one capsule of LiverMarin with warm water before every meal daily for your liver protection. With LiverMarin, Liver Mo, Sagot Mo!

Join the LiverMarin promo to win cash prizes and ATC gift packs.

Like us on Facebook for more information - www.fb.com/ATCLiverMarin

*Liver Mo,
Sagot Mo!*



P9.00
per piece

NO APPROVED THERAPEUTIC CLAIMS
Source: Available upon request.

Marketed by:



516-8888, 749-4542, 743-5183
(0909) 333-3333, (0917) 562-3333



customercare@atchealthcare.com.ph



www.atchealthcare.com.ph



www.fb.com/ATCLiverMarin



@atchealthcareph



Available at all



and other leading drugstores and supermarkets nationwide

Edu Manzano Goes for Generics

A respected name in the entertainment industry, Edu Manzano has taken up a new advocacy to help raise the health literacy of Filipinos.

He has been tapped to promote Watsons Generics to help assure consumers that unbranded generic medicines are safe and effective to use.

"Watsons offers a wide range of medicines and supplements so the most essential health needs of the entire family can be met. It also addresses financial concerns of budget-conscious families, providing an alternative that gives them peace of mind and an assurance of high quality," Edu added.

"I'm not getting any younger, so I've become more careful with what I do, with what I eat"

His Watsons' Story

"When I'm abroad, I used to drop by Watsons to stock up on medicine, kaya laging puno yung cabinet ko just in case any of my family members need it, minsan nga napapasobra inaabot na ng expiration, but since Watsons Generics is here na, I don't have to stock a lot because there will always be a Watsons nearby."

Although the showbiz veteran shows no signs of slowing down in his career, he admits he has become more conscious of his health now.

"I'm not getting any younger, so I've become more careful with what I do, with what I eat," says Edu who proudly revealed he is actually looking forward to getting his senior citizen's card next year.

To maintain his physique, Edu says he does TRX exercises, treadmill. He also loves to bike.

"You have to listen to your body, because it sends out signals. There are times na if you walk and you have pain in your knees, for example, maybe that is the time you have to lose some weight," said Edu.

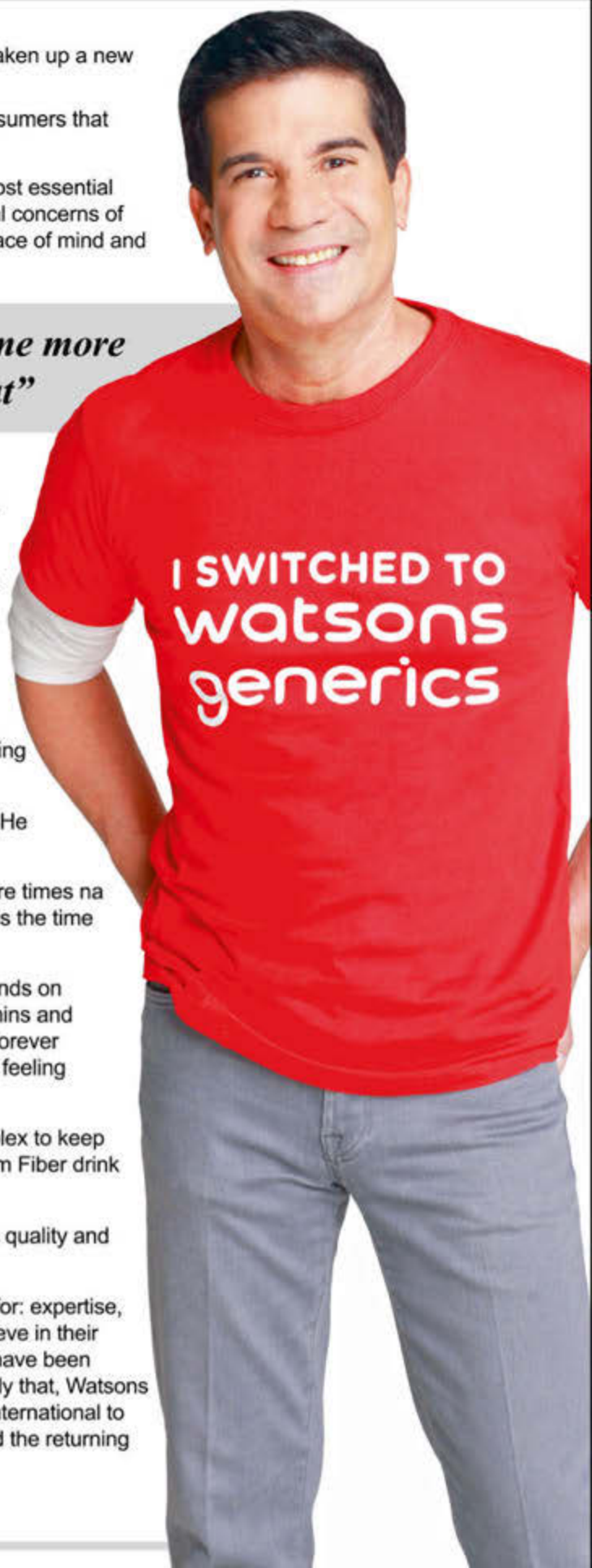
"Ako I often joke about taking maintenance medicine, but it really depends on the kind of lifestyle you live. Aging men who think they don't need vitamins and supplementation are wrong, because there is no such thing as being "forever young" without doing anything. It's not just about looking good but also feeling good," Edu added.

Edu says he has been taking Multivitamins + Iron, and Vitamin B complex to keep him fit and energized. A new discovery, the Calamansi-flavored Psyllium Fiber drink has also become his favorite.

Edu believes that Watsons Generics has the edge when it comes to its quality and reputation as compared to other pharmacies.

"When it comes to generic medicines, there are three things that I look for: expertise, quality and affordability. I switched to Watsons Generics because I believe in their cause. Watsons has been in the business for over 170 years and they have been consistently the No. 1 pharmacy brand in Asia for six years now. Not only that, Watsons also partnered with some of the leading manufacturers both local and international to assure us that we get high quality medicines at affordable price," shared the returning Kapamilya actor.

To know more about Watsons Generics, visit: www.watsons.com.ph



watsons



look good. feel great.

**SWITCH
& SAVE!**

watsons

WE SWITCHED TO
watsons generics &
SAVED UP TO 80%



Paracetamol



Ascorbic Acid

WATSONS QUALITY ADVANTAGE

- ✓ Asia's No. 1 Pharmacy Retail Brand based on Campaign Asia-Pacific Survey 2014
- ✓ Medicines Manufactured by Trusted Partners
- ✓ Over 170 Years of Pharmacy Experience

If symptoms persist, consult your doctor.

Expert Advisors™

NO APPOINTMENT REQUIRED
EDITED BY VINCE VEGA



EXPERT OF THE MONTH

Harvie De Baron

With a Diploma in Sports Nutrition from Oxford College, Harvie De Baron lives by the principle, "Eat more, live great!" He holds a Certificate III in Fitness from the Australian Fitness Network and is the founder of the Baron Method, which aims to change the way you perceive a healthy lifestyle. For more on Harvie and the Baron Method, follow @baronmethod on Twitter and Instagram and visit www.baronmethod.com.

Our Advisory Board

ORTHOPEDICS

JOSE RAUL CANLAS, MD
Dr. Canlas is the section chief for sports medicine at the Institute of Orthopedic and Sports Medicine, St. Luke's School of Medicine. He is also the medical director of the Philippine Center for Sports Medicine of the Philippine Sports Commission.

EDGAR MICHAEL T. EUFEMIO, MD, FPOA

Dr. Eufemio is the head of the University of the Philippines-Philippine General Hospital (UP-PGH) Department of Orthopedics Sports Clinic.

AMBROSIO VALDEZ III, MD, FPOA

Dr. Valdez is an orthopedic surgeon who went to fellowship training in sports medicine at the University of Cincinnati, and in cartilage resurfacing at Mercy Private Hospital in Melbourne, Victoria, Australia.

PHYSICAL MEDICINE AND REHABILITATION (PM&R)

EDMUND L. MARTINEZ, MD, FPARM, DPBRM

Dr. Martinez is the section head of the Physical Therapy Unit of the Hospital of Infant Jesus, and dean of the College of Physical Therapy of San Juan De Dios Educational Foundation.

JOSE BONIFACIO RAFANAN JR., MD, FPARM

Dr. Rafanan is the head physiotherapist at the sports clinic of the UP-PGH. He also had his clinical observance in sports medicine at Duke University.

MARK HOMER T. TIANGCO, MD, DPBRM, FPARM

Dr. Tiangco is the head of the Physical Medicine and Rehabilitation Department of Angeles University Foundation Medical Center in Angeles City. He's also a consultant for MegaClinics in SM Megamall in Mandaluyong City.

STRENGTH AND CONDITIONING HERCULES PAULMINO CALLANTA, CSCS

Callanta is an associate professor at the College of Human Kinetics of UP Diliman. He develops and implements specific fitness and training programs for athletes in badminton, swimming, basketball, football, and weightlifting.

LUIGI T. BERCADES, MS, CSCS

Bercades received his master's degree in exercise physiology from the University of Oregon, and is currently teaching at the Auckland University of Technology.

CARLOMAGNO CANTA, CSCS

Canta is a Certified Strength and Conditioning Specialist. He has handled the conditioning of numerous champions in wrestling, mixed martial arts, softball, basketball, rowing, football, and has been invited to contribute in various military units such as the Philippine Scout Rangers and Philippine Military Academy.

FITNESS & EXERCISE

JIM SARET, MSAT, PES, SAQ, CAPT

Saret is the sports training consultant for the Philippine Olympic Committee and is a host and trainer for the TV Show *The Biggest Loser*.

NUTRITION

ARMANDO MENDOZA JR., PTRP

Armand Mendoza is a licensed physical therapist, holding international certifications for personal training, lifestyle and weight management coaching, sports nutrition, and contemporary Pilates. He trains clients at B-Infinity Studio in Bonifacio Global City, Taguig.

LUZ FELICIDAD

SOCRATES CALLANTA, MS

Callanta holds a master's degree in nutrition from UP Diliman. She lectures on sports nutrition in different schools and teaches at the College of Home Economics of UP Diliman and the Center for Culinary Arts (CCA).

MENTAL HEALTH

KAY BUNAGAN, MA

Bunagan is a counseling psychologist at Better Steps Psychology, a firm that offers counseling and training services. She earned her Master of Arts in counseling psychology at the Ateneo De Manila University.

ERIC JULIAN MANALASTAS, MSC, CSSP

Eric Manalastas is a certified specialist in social psychology of the Psychological Association of the Philippines. He received his master's from the University of Amsterdam in the Netherlands.

STATISTICS

ENRIQUE TAYAG, MD, PHSAE, FPSMID

Dr. Tayag is the director of the Department of Health-National Epidemiology Center (DOH-NEC). His group keeps track of Philippine health statistics, including the mortality of the many diseases that afflict Filipinos around the country.

DERMATOLOGY

PAMELA JANE KWOK-GO, MD

Dr. Kwok-Go is a fellow of the Philippine Dermatological Society. She got her medical degree at the University of Santo Tomas and completed her residency in dermatology at the East Avenue Medical Center Department of Dermatology.

DENTISTRY

ARMIN G. SEGARRA, DMD

Dr. Segarra graduated from the UP College of Dentistry. He has received a postgraduate certificate in advanced education in general dentistry at the University of Minnesota. He is now teaching as an assistant professor in restorative dentistry and fixed partial prosthodontics at UP Manila.

EUGENIE AMANDA V. ROQUE, DMD

Dr. Roque graduated doctor of dental medicine at the Centro Escolar University. She finished her post-graduate residency and postgraduate training in pediatric dentistry at the Philippine Children's Medical Center.

EMERGENCY MEDICINE

DANIEL LUCHANGCO, MD, FPECM

Dr. Luchangco is head of the Emergency Department at Mandaluyong City Medical Center, and emergency consultant at Makati Medical Center and UERM. He's a member of the American College of Emergency Physicians.

SURGERY

EDGARDO P. PENSERGA, MD

Dr. Penserga finished medicine at the Cebu Institute of Medicine and his post-graduate internship at the Siliman University Medical Center. He is the chairman of the Hospital Committee on Operating Room/Delivery Room Post-Anesthesia Care Room at the Victor R. Potenciano Medical Center.

ASK THE EXPERTS

How can I maximize drinking whey as my post-workout meal?

• ALEJANDRO, VIA E-MAIL

The key to maximizing a post-workout meal is to make sure it assimilates into the body quickly in order to repair muscles and replenish glycogen stores. Whey protein isolate is the best type of whey because of its potency—it's 100-percent protein. Remember, though, that whey protein only buys you time. Your body still needs food for repair and recovery.



Harvie De Baron, sports nutritionist and founder of the Baron Method


Is suspension training good to do regularly?

• ANTON, VIA E-MAIL

It's actually best for any sport. It improves your body's performance on a functional level for daily activities. The only difference lies in the progression of exercises and the time spent during the workouts. You can boost muscular strength and endurance, power, flexibility, cardiovascular endurance, and functional awareness of muscles for basic movements.



Ferdinand Manabat, master coach for Rip60 and certified fitness trainer



FUELS THE WORLD'S GREATEST ATHLETES



GATORADE

**50 YEARS
OF FUELING ATHLETES**



**#BE
LIKE
MIKE**

GATORADE and G-500 are registered trademarks of Frito-Lay, Inc. © 2015 Frito-Lay, Inc. The Gatorade logo and the wordmark are the registered property of Frito-Lay, Inc. and the registered wordmark is the registered property of Frito-Lay, Inc. GATORADE is a registered trademark of Frito-Lay, Inc.

Ask MH™

LIFE'S QUESTIONS, ANSWERED
EDITED BY VINCE VEGA

Q Hangovers hit me harder now that I'm getting older. Do they worsen with age?

• ERIC, VIA E-MAIL

As you age, the liver produces less alcohol dehydrogenase, the enzyme responsible for breaking down the two types of booze (ethanol and methanol) present in most drinks, according to German researchers. When you down the same amount of alcohol you did 10 years ago, it stays in your body longer. "When we get older, our whole recovery process for everything we do is harder, longer, and slower," points out US MH advisor and gastroenterologist Mark Welton, M.D. Want to avoid hellish mornings in the future? Drink less. Can't help but chug? Stir a scoop of whey protein into a glass of chocolate milk. The milk and whey are stocked with cysteine, an amino acid that can help rid your body of hangover-inducing toxins.

Q I need to cut back on fatty foods and I need a good reason for it. What exactly do they do to the body?

• ALBERT, VIA E-MAIL

They actually do a lot of things, mostly bad. For one—and we bet your mom has already told you about this—*sisig*, *lechon*, *chicharon*, and other greasy Pinoy favorites are drivers for high blood cholesterol or "lipoproteins." Raul Lapitan, M.D., a cardiologist at the Makati Medical Center and director for the Philippine Heart Association, enumerates how bad cholesterol can affect you in a big way.

It causes clogs. Lipoproteins can substantially accelerate the progression of atherosclerosis (hardening and narrowing of arteries) not only in the heart, but also in the whole body. "It induces a series of chemical pathways that occurs in the inner surface of the blood vessels, extracellular and intracellular, leading to inflammatory reactions, cholesterol deposition, and, eventually, plaque formation," describes Dr. Lapitan.

It's a silent killer. If you think your levels are higher than average, consult a doctor—you might need cholesterol management drugs like statins. "If left untreated and uncontrolled, it may lead to heart attack or stroke," Dr. Lapitan warns.

Stay safe by eating clean. "Individuals with abnormal cholesterol should always watch their diet. Those in the high-risk group should have medications started concomitantly with the diet, because [a healthy diet alone] may not suffice to reach the target levels," concludes Dr. Lapitan.



Q What is "bulletproof" coffee, and how can it help my metabolism?

• FRANK, VIA E-MAIL

Sounds like something Chuck Norris drinks, huh? This brew contains medium-chain triglyceride (MCT) oil to amp up your body's metabolism for the day, explains sports nutritionist Harvie De Baron, founder of the Baron Method. What are the key ingredients you need to make your own mix? De Baron breaks it down:

Step 1: Ditch ready-to-mix coffee variants and go black. In your fresh cup of joe, drop a teaspoon of butter—but not just any kind. You need "organic butter from grass-fed cows. It's high in omega-3, CLA, beta-carotene, vitamins A, K, D, and E, and antioxidants," notes De Baron.

Step 2: No butter? Use a teaspoon of virgin coconut oil instead. "It's rich in lauric acid and monolaurin, which are great at fighting bacteria, virus, and fungi," says De Baron. It's the good type of fat that kicks the ass of its villainous counterparts.

Q I often wonder who will come out to pay their respects at my funeral. Is this normal?

• BONG, VIA E-MAIL

Very emo. But we do have a couple of questions: Is it standing room only? Are people crying so much that they're ruining your cadaver makeup? Seriously, though, some people may have an unhealthy focus on others' future grief as a measure of their own present worth, says psychologist Jackson Rainer, Ph.D., author of *Life After Loss: Contemporary Grief Counseling and Therapy*. If the casket scene in your head bothers you, check in with a therapist to explore whether your self-esteem has just hit a short-term dip, or you're actually courting depression. But the more likely explanation is that you're simply engaging in innocuous imaginings. "Folks are curious about their impact on others and how they'll be remembered," explains Rainer. In fact, thinking about your departure from this mortal coil may help you make healthier lifestyle choices and strengthen your relationships today, according to researchers at the University of Missouri. "If you deny your death, then it's much easier to deny your health," Rainer adds.

EST. 1973

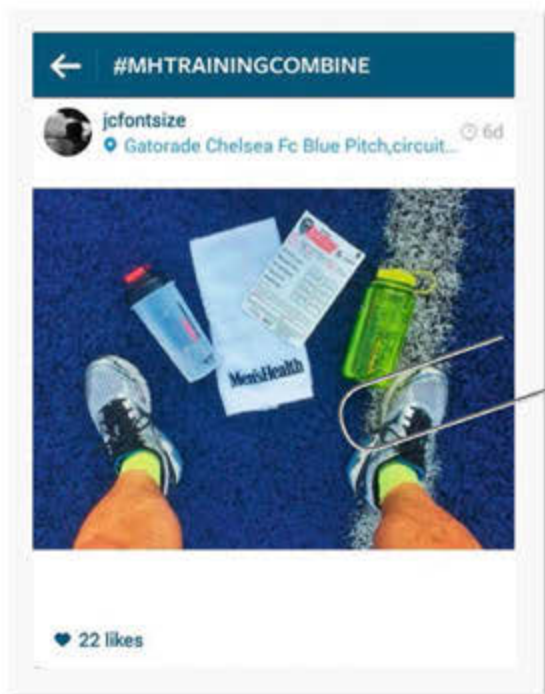
Timberland®



BEST THEN. BETTER NOW.

ShangriLa Plaza Mall • SM Megamall
SM Marikina • SM North Edsa - Annex
SM Cebu • Ayala Center Cebu • SM Lanang
Limketkai Mall - CDO • Marquee Mall - Angeles

Footwear and apparel for every escape.



LETTER OF THE MONTH

Dominating the Combine

Earlier at the *Men's Health Training Combine* event, I got a couple of good news. My body fat is down to 15 percent, and I got the top score for the Shuttle Run test. Woot! Woot!

• JULIUS FONTE, VIA INSTAGRAM

We're glad you got some good news at the Combine. Compare your results at the next one. - Eds

Wifey Love

I find that MH encourages my hubby to read more because it's interesting for him! Thanks for this.

• MYA C., VIA TWITTER

Handy Guide

Oatmeal, whole milk, eggs, and fruits on my breakfast table this morning. I was never a fan of all these



before. Diet gone mad! And yup, I'm starting to read @menshealthph to make sure I'm doing things right. This signals the start of bulking up.

• JUJU BALUYOT, VIA INSTAGRAM

No Ordinary Guy

Nice January issue! Can we have cover models other than Daniel Matsunaga? I mean, he is a celebrity and it's his job to keep his body fit. Can we have ordinary people as models to make it more realistic to your readers? Just a thought.

• GLENN RIVERA, VIA FACEBOOK

Chute Running

Train like a pro at the #MHTrainingCombine!

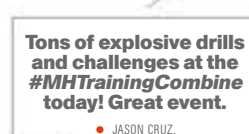
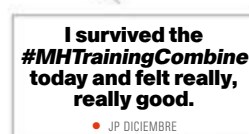
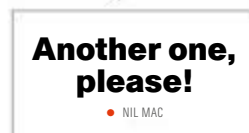
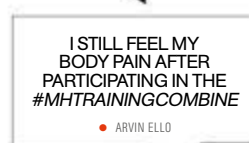
• MARCO TIZER, VIA INSTAGRAM



The Jump-Start

My wife weighs the same as I do, but I'm 5'8" and she's barely 5' so she'd kill me if I shared this. But after the MH Training Combine, she started joining my LSD runs on Saturdays. Thanks, MH. Here's to more Training Combines and to my wife's successful journey to a healthier lifestyle.

• GERRY ROSALES, VIA E-MAIL



How To Reach Us

E-MAIL
menshealthphilippines@gmail.com

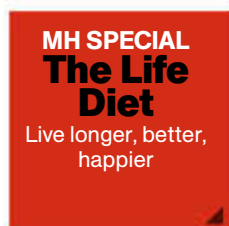
FACEBOOK
facebook.com/menshealthphilippines

TWITTER
twitter.com/menshealthph

SUBSCRIBE TO MEN'S HEALTH

CALL
451-8888
local 1086-87

Next Month in Men's Health!





ALERTS!

EDITED BY GABRIEL A. PANGALANGAN

TRENDS & NEWS ON HEALTH, SEX, NUTRITION, FITNESS, & WEIGHT-LOSS

**MUSCLE
UP**

PICK YOUR PROTEIN

Taking good-quality protein post workout can boost muscle growth.

**FUEL
YOUR
GAIN**

Muscle growth may be triggered in the weight room, but it's stoked in the kitchen. When you eat protein, your body breaks it down into amino acids, which are used to repair and rebuild muscle fibers. This process is known as protein synthesis, and the linchpin is the amino acid leucine. Your number: "1g of protein per kilogram of your body weight," says 360 Fitness Club trainer Alex Callanta. "Make sure you consult a reliable nutritionist before making significant changes in your diet."



Block Out Distractions

One device at a time, people: **Media multitasking may physically alter your brain**, a British study suggests. The researchers found that the gray matter of screen junkies' brains was less dense in an area known as the anterior cingulate cortex, which helps regulate thought and emotion. Too much screen time can put "more pressure on our mental processing ability, yielding problems like short attention span and social anxiety," says Sanaiyah Gurnamal, a certified clinical Hypnotherapist and founder of Third Eye Wellness in Taguig. Keep off the gadgets, get enough sleep, and try meditating, she advises.

WAKE UP SMARTER

If the boss asks, you weren't snoozing—you were memorizing. **Resting for a few minutes after learning something new can boost memory**, a new Scottish study reveals. People ages 60 and older who took a 10-minute "wakeful rest" immediately after learning a list of words were able to remember nearly 20 percent more words 15 minutes later than those who played a computer game instead. And the benefits were still evident a week later. "Sleep definitely improves memory because it processes all your thoughts for the day and files them in your subconscious mind," says Gurnamal.



EMPTY BELLY, FULL BRAIN

Trust your growling gut: **You're more likely to make smarter decisions on an empty stomach**, according to Dutch researchers. Study participants who fasted before taking a series of tests made winning choices 50 percent of the time, compared with only 40 percent for folks who ate a meal beforehand. "Being hungry may make you think less and act more on impulse," explains study author Denise de Ridder, Ph.D. One reason: Undereating may curb overthinking. The intuitive approach might help when you're under pressure to make a complex call, says De Ridder.

14%

Gray matter boost in people 10 years after they reported eating fish (baked or broiled) at least weekly, compared with folks who didn't
Source: *American Journal of Preventive Medicine*



For up-to-the-minute nutrition tips, follow us on Twitter @menshealthph

WEIRD SCIENCE THAT WORKS



The Finding A cocoa-rich diet may reverse memory decline, say Columbia University scientists. Researcher Adam Brickman, Ph.D., believes cocoa flavanols affect the brain's dentate gyrus, which helps form memories.

Apply It People who consumed 900 milligrams of cocoa flavanols a day for three months reclaimed their memory function of 30 years prior. Try Reserveage CocoaWell CoQ10 Heart 60VC from Healthy Options.

BREATHES



GEOX

Discover SMART
And shop the New Collection
geox.com/smart

Follow us on

Geox - Register your trademarks of Geox S.p.A. International Patent

ROBINSONS GALLERIA 6347048 ROBINSONS MAGNOLIA 9614816 TRINOMA 9013572 THE BLOCK 4420108 GLORIETTA3 8162530
BONIFACIO HIGH STREET 8561758 ROBINSONS PLACE MANILA-MIDTOWN 3539982 MALL OF ASIA 5560315 ALABANG TOWN CENTER 8500040
MARQUEE MALL, ANGELES CITY (045) 3040508 HARBOUR POINT, SUBIC (047) 3065028 SOLENAD 2, NUVALI, STA ROSA (049) 3032548
AYALA CENTER CEBU (032) 2320036 ROBINSONS BACOLOD (034) 4411165 ROBINSONS PLACE DUMAGUETE (035) 4211372
ROBINSONS PLACE PALAWAN CENTRIO, CAGAYAN DE ORO CITY (088) 3232130 ABREEZA, DAVAO CITY (082) 3210672
GEOX FLAGSHIP STORE - 4TH FLOOR, EAST WING, SHANGRI-LA 5700637



CLEAN UP
Help her with the laundry, and she'll wear less of it.

DUTY, THEN BOOTY!

She Wants Choreplay

Teamwork means happiness. Both **you and your wife will feel more satisfied if she sees a strong father-child relationship** and thinks you're doing your fair share of the household work, the *Journal of Family Issues* reports. "If you make it a point to be a good father figure, then that's plus points," says Eleanor Leung, owner of Pleasure Place, a sensuality boutique in Makati, Metrowalk, and Tomas Morato. As for chores, couples are happiest when they do the day-to-day tasks together, the study found. So don't go off to clean the garage and consider your work done for the week. "It's great to do the groceries or do gardening together," Leung adds.



ALERTS! SEX



The Finding People who hit orgasm share more secrets after sex than non-climaxers do, reveals a *Communication Monographs* study.

The Science The release of the hormone oxytocin after orgasm may help us read social and emotional cues and see a benefit in speaking freely, according to study author Amanda Denes, Ph.D. Oxytocin may help you realize that you bond more if you share more.

Your Play Stay awake. Take her pillow talk as a coital compliment.



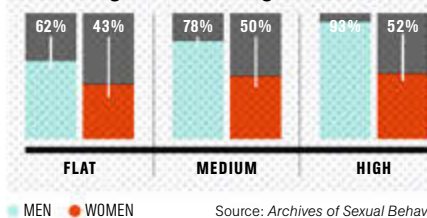
FLIRTING WITH DANGER

If you hear a dude say nice things about your girl, fine. **But women tend to be wary of other women who compliment you**, an Arcadia University study found. "Not liking it when your partner gets compliments is the wrong attitude. I think people who do that are lacking in confidence or trust in the relationship," says Leung, who recommends reassuring your lady that you're only got eyes for her.

HELPING DAMSELS IN... HEELS

Are we really this predictable? The higher a woman's heels, the more likely men are to help her. Researchers in France watched how guys reacted when a variably shod woman dropped a glove on the sidewalk. "Heel size exerted a powerful effect on men's behavior," the study notes. Possible reasons: Heels make her taller; her gait is sexier; and media messages lead us to associate high heels with sex. The attraction held true in four separate experiments, even with the woman seated.

Number of People Who Assisted a Woman, According to Her Heel Height



9

Men ages 25 to 64 are most likely to seek an affair when their age ends in this digit. Source: PNAS



For up-to-the-minute fitness tips, follow us on Twitter @menshealthph

Schick®
Exakta™ 2

FREE YOUR SKIN™



**B KUNG-FU
SMOOTH**

**NEW! LUBRICANT BAR
WITH VITAMIN B**



Schick Philippines
www.schick.com.ph



LATTE LOVE

The 3-Cup Fix

Go ahead and order the venti. **Coffee may reduce your risk of liver problems**, according to a new study from the National Cancer Institute. People who reported drinking at least three cups of coffee a day (regular or decaffeinated) were 31 percent less likely to have high levels of an enzyme that can indicate liver disease. Filtered coffee can be liver-protective, while espresso can have no liver benefit. Caffeine may both be anti-cancer and anti-fibrotic," says Theodore B. Achacoso, M.D., Co-Founder and Chief Science Officer of BioBalance Institute in Mandaluyong.



ALERTS! NUTRITION



SMOOTH MOVE

Shake yourself awake: **A morning protein smoothie may help shield you from type 2 diabetes**, an Israeli study suggests. By measuring the study participants' post-smoothie blood sugar, scientists found that those who'd downed a beverage containing 50 grams of whey protein had a 28 percent reduction in glucose levels three hours later. "Protein intake in the morning activates what is known as the 'early insulin response,' which is beneficial to lower blood glucose in diabetics," explains Achacoso.



WHAT THE HELL IS THAT?



Term Resistant starch, a type of complex carb.

What It Does When you digest resistant starch, it breaks down to form butyrate, a molecule that can offset the harmful colon cell growth associated with eating red meat, Australian research found.

How to Eat More Go for slightly underripe bananas, chickpeas, and cold potato salad, all of which are high in the stuff.

RACK UP ROUGHAGE

The Incredible Bulk is coming to your rescue. A 2014 Korean study found that, on average, men who ate the most fiber were 27 percent less likely to die over 11 years than men who ate the least. As you digest fiber, it forms short-chain fatty acids that fight the inflammation linked to type 2 diabetes and stroke. See the chart to boost your fiber power. Aim for 38 grams a day.



● FIBER PER 100 CALORIES

24%

Reduction in your stroke risk if you increase your daily intake of olive oil by 5 teaspoons
Source: *British Journal of Nutrition*



For up-to-the-minute weight-loss tips, follow us on Twitter @menshealthph

NEW

Cheong-Kwan-Jang



Hong Sam Won

KOREAN RED GINSENG HERBAL DRINK

**“Choose Hong Sam Won.
Choose Health.”**



- ✓ healthy drink
- ✓ no preservatives
- ✓ caffeine-free



43%

Average score earned by a group of 1,800 certified trainers on a test of physical activity guidelines
Source: *Journal of Strength and Conditioning*



ALERTS! FITNESS



For up-to-the-minute health tips, follow us on Twitter @menshealthph

Upper-Body Targets
Triceps and front and middle deltoids

Lower-Body Targets
Glutes, quads, hamstrings, and calves



Step 1
Hold dumbbells in front of your shoulders; dip your knees.



Step 2
Push explosively with your legs and press the weights up.

Push Yourself to New Heights

Give yourself a push! **The push press can help you build serious lower-body power**, according to a new study by British researchers. When participants performed the move, they exerted the same amount of force into the ground as they did during a barbell jump squat. The benefits: "You develop explosive strength, muscular coordination, and strengthen your quads, glutes, and hamstrings," says Armand D.L. Bautista, A.C.E., co-founder of Performance Kinetix in Quezon City and certified pilates instructor at Pilates Flow SG.



SUSPEND YOUR SOLO WORKOUTS

Start sweating with others. **People who do group high-intensity functional training are nearly twice as likely to say they'll stick to the fitness plan**, according to Kansas State research. "Surrounding yourself with people on the same mission as you gives you that 'enchanted push' to go harder," says Khalil Tan, trainer at CrossFit Ortigas.



RULE REVERSAL SHIFT YOUR PERSPECTIVE, BOOST YOUR PERFORMANCE

Old Rule Focusing on internal cues, such as pushing your torso up during a push-up, is the best way to maintain good form while training.

New Rule Men can generate more force and bang out more reps by focusing on external cues (for example, shoving the ground away during a push-up), according to a *Strength and Conditioning Journal* review. To move more weight, use the cues at right.

PULLUP Pull the bar toward the floor.

SQUAT Push the floor away and apart with your feet.

DEADLIFT Anchor your feet to the floor and drive the bar toward the ceiling.

PLANK Imagine that you have one glass of water on your head and another on your hips. Try not to allow either glass to spill.



ENERGY TAKES OVER

The recently unveiled adidas Ultra BOOST is a bold new step for the three stripes

The Energy Running revolution moved forward as adidas unveiled the greatest running shoe ever, Ultra BOOST. At a guarded launch location in New York City, Yohan Blake, David Villa, Sammy Watkins and a team of elite athletes pledged allegiance to the revolution, while hundreds of witnesses from around the world were on-site for the introduction of Ultra BOOST.

Attending athletes and guests experienced the superiority of Ultra BOOST through state-of-the-art live testing demonstrations using the ARAMIS system, also used by top engineering institutions like NASA, Boeing and BMW to measure crash tests, vibration analysis and durability studies. adidas developed Ultra BOOST using ARAMIS' 3D shape and surface measurement to provide a fully adaptable running experience. Ultra BOOST intuitively adjusts to a runner's stride, delivering the unrivaled Energy Return of BOOST™, superior support, and adaptive comfort over hundreds of kilometers, in virtually any environment.



UNRIVALED ENERGY RETURN

Ultra BOOST features 20 percent more BOOST cushioning material than previous models, now the highest Energy Return cushioning in running, and has eliminated the traditional EVA midsole for more direct contact. Made of thousands of energy capsules, BOOST delivers consistent performance for any distance.

ADAPTIVE COMFORT

To complement the unrivaled Energy Return of BOOST, Ultra BOOST features an innovative update to adidas' PRIMEKNIT technology built for better comfort, support and style.

A runner's foot can expand up to 10 millimeters or more while running. When restrained, this expansion can cause discomfort, friction, and blisters. Unlike other knit technologies, the innovative PRIMEKNIT pattern of Ultra BOOST provides support in less expansive areas of the foot and adaptive stretch where it's needed, delivering maximum comfort.

"Each technology featured in Ultra BOOST was built to complement each other, providing energized adaptability through a customized fit, look and feel," said Ben Herath Vice President of Design for adidas running. "While we've taken innovation to the next level, the sleek silhouette of Ultra BOOST is built to look as good as it performs."

ENERGY HARNESSSED

One of the most advanced features of Ultra BOOST is the Stretch Web outsole that adapts to your foot strike and movement. The perforated elastic design harnesses and maximizes the Energy of BOOST without restricting its qualities. The unique appearance of the Stretch Web outsole complements the eye-catching Energy capsules of BOOST.

SUPERIOR SUPPORT

Ultra BOOST also features an entirely new heel construction that frees the natural movement of the Achilles tendon. A carefully tuned external heel counter comfortably cradles the foot and adapts to the high extension of the Achilles. A new featherweight sock liner adapts to the runner's natural foot form, for a customized fit and feel.

Ultra BOOST also boasts a new dual-density TORSION® SYSTEM, embedded into the shoe's base. This allows more independent movement between heel and forefoot for superior stability and a smooth, more controlled run.

Your greatest run ever awaits with Ultra BOOST. For more information, visit www.adidas.com/ultraboost and follow @adidasph on Facebook, Twitter and Instagram.



Sugarcoating: The Problem

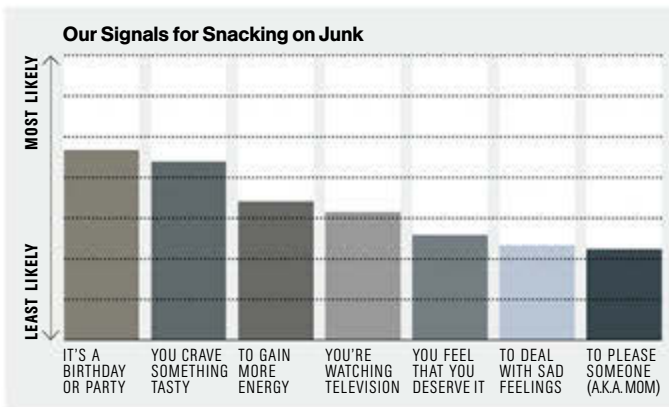
The enemy has been identified, and it's not french fries. Of everything we eat, **sugar is the greatest predictor of weight gain in men**, say researchers in Japan. For every 5 grams of sugar men consume daily, they gain almost half a pound within the year. One teaspoon is 4 grams of sugar. Your sugar intake can snowball from there. "Opt for sugar-free sodas, use artificial sweeteners for coffee, and avoid cakes and pastries to lower sugar intake," recommends Gemarie Lim, R.N.D., of St. Luke's Medical Center in Bonifacio Global City.



FROSTY?
NO, MAN!

THE GLUTTON BUTTON

Celebrate with care: **Parties provide the strongest triggers for unhealthy snacking**, a Dutch study reveals. "To prevent cravings, first identify your biggest trigger—like the chip bowl. Then make a plan to change the behavior, such as picking the fruit platter," suggests study author Aukje Verhoeven, MSC.

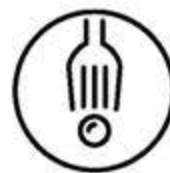


32%

Increase in pasta devoured when diners' companions were overweight
Source: *Appetite*



For up-to-the-minute sex tips, follow us on twitter @menshealthph



LIGHTEN UP AT NIGHT

Flip your meal plan around: **Eating your biggest meal in the evening may raise your risk of obesity**, according to new research from Italy. In fact, the risk was double for study participants who consumed half or more of their total daily calories at dinner. That may be because your metabolism slows later on in the day, says Lim, R.N.D. So take small, frequent meals throughout the day to keep you from over eating at night, she advises.

HACK YOUR DIET



The Trick Use your laptop to lose weight: Ordering lunch online can save you calories. A study in the journal *Appetite* found that people who preordered lunch online selected meals with 115 fewer calories, on average, than lunches that were purchased in person. **Why It Works** Study author Etienne Phipps, Ph.D., says online planning removes sensory cues, such as food smells, from the equation, helping to prevent unwise meal choices.



**POWER UP TO
THE NEXT LEVEL
GUSTO KO PA!**

 CobraPhilippines | www.cobraenergy.ph

ASC REF. NO. I059N10914C





MANY PEOPLE THINK THE
PURSUIT OF FITNESS IS A
ROADBLOCK TO ENJOYING LIFE.
MATTEO GUIDICELLI IS HERE TO
PROVE THEM WRONG

SWIM, BIKE, RUN, LIVE

By Ceej Photographs by
Tantengco Jay Tablante



T-shirt from American Eagle
Outfitters, Long-sleeved shirts and
jeans by J. Crew, shoes by Rudy
Project, watch by Swatch

STYLING BY REX ATIENZA WITH STYLE ASSOCIATE
ALDRIN PAUL CABALU AT STYLELIST, INC.
GROOMING BY MIKE BAWA

SHOT ON LOCATION AT NETWORK JETSPORTS, WATERFRONT ROAD, SUBIC BAY
FREEPORT ZONE (www.networkjetsports.com) SPECIAL THANKS TO BJ ANG



M

MATTEO GUIDICELLI WILL NEVER SAY NO TO *LECHON*.

"I'LL HAVE IT EVEN WHEN I'M NOT IN CEBU. WE HAD ONE FLOWN IN TO MANILA LAST TUESDAY," HE LAUGHS.

IT'S NOT WHAT YOU'D EXPECT TO HEAR FROM THE 25-YEAR-OLD CEBUANO ACTOR—NOT WHEN PEOPLE IN THE INDUSTRY GO ON REGULAR JUICE CLEANSSES TO DROP WEIGHT, NOT WHEN YOU SEE HIM DO PULL-UPS WITH EASE. BUT GUIDICELLI ISN'T YOUR USUAL CELEBRITY. HE'S BEEN AN ATHLETE HIS ENTIRE LIFE.

His ethos is simple and refreshing. "There's this quote I like: 'Athletes don't diet and exercise. They eat and train,'" shares Guidicelli, who has been packing his busy schedule with triathlons since 2011. "It's useless to be dieting and not enjoying life, all the good food in life. I believe in eating whatever you want as long as you have it in moderation, while still being active."

Staying active is second nature to him given that his parents have green-lit every sport he wanted to try. At age 10, he was racing horses and motocross bikes. At 11, he got into karting, soccer, and swimming. His father Gianluca also pushed him to join triathlons, a sport the speedster initially underestimated as "*pang-matanda*."

He joined his first race just a month into training, and learned the hard way that swim-bike-run is more than the sum of its parts. "I felt I had an advantage because of *my background, pero hindi*," he recalls. "You get overwhelmed in the water, kicked and elbowed in the face. I was tired, panicking." He almost drowned, and later walked for a good part of the run. "That pushed me to train harder. Now, the swim leg is something I look forward to."

Four years later, Guidicelli continues to be humbled by the sport. "I'm no pro. I'm just an age-grouper who loves the sport, the lifestyle, the people, and the friendships you make," he demurs. He trains almost every day in Alabang and Nuvali with Ani de Leon and Dan Brown, the husband-and-wife tandem that coaches the Philippine national triathlon team (no, Brown did not write *The Da Vinci Code*). For inspiration, he looks to fellow triathlete and TV host Drew Arellano and 20-year-old Claire Adorna of the national team. "She's crazy! No guy in the squad can keep up with her in the water," he declares.

PUSH TIRELESSLY

It's important to check out the competition to see where you stand, but focusing on the progress of others can also paralyze you. To counter this tendency, Guidicelli and other age-groupers set personal goals that are reasonable for their fitness level, experience, and schedule. In his case, "I just want to improve every time. I want to work hard today so I can get better times tomorrow," he says.

In practice, this means knowing when to cut yourself some slack. "Our coaches give the whole team training plans for the week, but mine has to be different because of my work," continues the young actor. Still, he knows he has to buckle down when necessary. "I always ask, 'Coach, I wasn't able to train yesterday, what should I do today?' And they tweak it."

RAPID FIRE

MATTEO GUIDICELLI

On workout playlists

"I don't have one. I like to connect with the things around me. Especially if it's mountain biking or trail running, it's actually better if you just enjoy what's around you."

On post-training meals

"After a long bike, I like pasta with ragu sauce. After a race, I'll eat anything: *lechon*, *liempo*, whatever's there."

On knowing your limitations

"I don't play basketball. That's the only sport I don't do. All racers I know can't play basketball. I don't know why. I've just accepted it."

On the importance of coaches

"There are coaches no matter where you live. Ask anyone in triathlon—they'll recommend someone and you can start there. It's very important in triathlon that you have a mentor because if you do it on your own, you won't be efficient. Get a coach and trust them. Follow their way."

On how to unwind

"Pizza, a big fat steak in Mamou—I've been thinking about it since this morning and their truffle pasta. I love *inihaw* and *liempo*. I've been addicted to Korean food lately, especially cooking the meat. If I'm free at night, I like to go to the cinema. I love listening to old music. Frank Sinatra, Marvin Gaye. John Legend, too—he's not old, but he has an old sound."



YOU HAVE TO WORK HARDER TO GET BETTER.



GET OUT OF THE GYM

With Matteo Guidicelli's sports-packed lifestyle, he barely needs to visit the gym to stay in top shape. Whether you're a serious sportsman or not, cross-training keeps both your mind and body from grinding down into routine. Here's a rundown of the sports Guidicelli currently enjoys, and the benefits you can get from each

TRIATHLON

Improves endurance. And thanks to the demanding nature of working on three activities at once, you'll burn a lot of fat and stay fit without having to go on strict diets.

Make it work for you: Use self-talk to motivate your performance...and

cycle longer. A 2013 *Medicine and Science in Sports and Exercise* study found that deliberately motivating yourself could lead to an 18 percent longer ride.

BADMINTON

Grants agility, strength, and aerobic stamina. As a technical sport, it also improves motor coordination.

Why you should do it: A 2012 Chinese neurological survey found that professional badminton players' brains exhibited signs of high-capacity spatial processing and refined motor skills.

BOXING

A high-intensity workout that

develops strength and agility. A bonus? Fight training is great for releasing stress.

And another bonus: High-intensity boxing intervals improved systolic blood pressure and absolute VO2 max as compared to moderate-intensity continuous workouts, reports a 2015 Australian study.

SOCCER

Builds endurance and lean muscle. **Not just that:** A 2012 study published in *PLOS ONE* showed that professional soccer players have increased executive function compared to the general population. This translates to better memory, multitasking, and creativity.



SPEED SECRETS

TRAIN-SMART TIPS FROM 2014 BOSTON MARATHON CHAMP MEB KEFLEZIGHI.



DO



DON'T

FORM

Regularly work to improve your running form.

Overstride! Shoot for 170 to 190 strides a minute.

Practice elements of good form during some runs.

Work on your form so much that you don't enjoy running.

Consider form drills an integral part of training.

Force any changes in your running form.

TRAINING

Be consistent in the frequency of your runs.

Make sudden increases in your mileage or intensity.

Include variety in your training program.

Try to cram too many elements into your training week.

Keep a training log.

Be afraid to rest for a day if you feel an injury coming on.

RACING

Visualize an upcoming race while training.

Worry about not sleeping well the night before a race.

Have several goals for each of your races.

Radically change your diet the day before a race.

Self-evaluate after every race to find areas for improvement.

Drop out of a race, unless you're injured.

His best time for a 10K run is currently an elite-level 43 minutes, and he's been shaving several minutes off his Ironman 70.3 time each year. As we talk, his training mates from team Ford Forza pass by. The team is a mixed group of businessmen, models, college students, and professional athletes Elmo Clarabal and Philip Duenas. Guidicelli's sister Giorgia is also part of the group, while his father is team captain.

"My dad is an inspiration to me all the time," he shares. "He pushes so hard to the point that I'm like, 'Pa, you gotta rest.' But my dad is super passionate, super determined. He gives 110 percent in everything he does."

It's the kind of inspiration that Guidicelli is passing on to others as well, first to those closest to him. Even his eight-year-old brother Paolo trooped to Subic to join his first Alaska IronKids Philippines triathlon. "My parents were a big influence on [my sporty childhood], so I'm trying to do the same with my little brother," he points out. "All the different sports he wants—I tell him don't stick to one, just do whatever you want to do. The more you do, the better."

His team is set to do four more local races this year, as well as races in Taiwan, Vietnam, and Arizona. Guidicelli treats each one as a platform to preach the benefits of living an active lifestyle. "We're not top guys—we're just ordinary people who want to inspire other ordinary people that we can all do it," he states. "Personally, I want to do my best in all of them."

That's a tall order, considering Guidicelli has to juggle his multiple training days with tapings for *Inday Bote*, his new soap on ABS-CBN, and hosting car show *Wheels TV* on ABS-CBN Sports and Action. But he remains unfazed in the face of the seemingly impossible. "My first

love was cars, so *Wheels TV* is very close to me. And [*Inday Bote*] is a very important step in my career. But in my sport, I try to build credibility, that I deserve to be called a triathlete in the same way that I'm working hard to build credibility as an actor. I want to deserve it, not just float around," he maintains.

It's tiring, but necessary. "You know, showbiz gets more and more challenging every year," admits Guidicelli. "There are more people each year to take your place, take your roles. You have to make your craft better all the time. Workshops are just like training. You have to work harder to get better."

SAVOR THE FINISH

Like all of us, Guidicelli is a man of many commitments—deadlines, projects, events, hobbies, and athletic pursuits to squeeze into a jam-packed schedule. But he'd be the first to tell you that personal relations take pole position. Aside from his family, one of his top priorities is his high-profile relationship with singer and actress Sarah Geronimo, whom he considers as the one who taught him to be "more patient, humble, and selfless."

Excuse the cheese in the next few lines, but Guidicelli would really like to shout it from the rooftops. "It's not an easy ride, but it's the most worthwhile risk I've ever taken," he says, likening their relationship to fighting through a tough race. "I guess love can be the best and worst thing. If love breaks you, it's the worst thing, but if it's there and it's real, it's the best feeling in the world. It's difficult, but if you love the person, you're going to do whatever it takes to keep that love," he adds, grinning unapologetically.

Whether it's his fitness, career, relationships, it's clear that Guidicelli is playing the long game here. He's determined to cram this life with as many adventures as he can. "It irritates me when people say, 'This is it.' There's always more to everything. We only live once, so we gotta do all we can," he stresses. It's a statement he repeats several times. "Before this year ends, I hope I can say to myself that I did everything I planned for in racing, in training, in life. Then I can say, 'Good. Let's do better next year.'" ■

SURVIVE THE URBAN JUNGLE

Being confident is a main driver for success, according to a study conducted by the University of Edinburgh and the University of California-San Diego. And if you stay confident, then you will certainly finish this year's TrueNorth Urban Guerilla Race. Developed by a Philippine Army scout ranger, the Guerilla Race Series is designed to explore uncharted territories of your physical strength and mental stamina with the battery of obstacles. Water, fire, mud, spider nets, barbed wires, high walls, tunnels and other bizarre challenges await eager participants. Sign up now! Log on to www.guerilla-race.com.



WEAR JEANS, GET FIT

Jeans are good for your health and can help you get back on the fitness track. It sounds like a bit of a long shot, but researchers at the University of Wisconsin in Milwaukee found that people who wore jeans to work logged in almost 600 steps throughout the day compared to those who wore business attire like suits or slacks. Those are a lot of steps to burn extra calories. When selecting a pair of denims, go for classics—like the Levi's 501, which has been restyled for 2015 as the 501 CT or "customized and tapered." Head to your nearest Levi's shop to check out the new and improved 501 jeans.



MH

RADAR Events & Promotions

Check out facebook.com/menshealthphilippines for our promotion updates.



BE ROAD-TRIP READY

There's more to your upcoming summer road trip than just getting out and about with your buddies. "The car functions as an escape vehicle for many people, especially young men," writes Leon James, Ph.D., a professor of psychology who studies behavior at the University of Hawaii. "It can restore the feeling of freedom." You can positively influence the experience by having a comfy and reliable vehicle to ferry you and your friends to all the hottest vacation spots. Go for the latest MPV to hit Philippine shores—the all-new Honda Odyssey. Embodying best-in-class space, styling, comfort, and luxury, you can experience new levels of freedom on the road with it. Check it out at Honda showrooms nationwide.



#Don'tCrackUnderPressure

STAND OUT

We're often encouraged to be ourselves in all that we do because the benefits are certainly apparent. Less stress, higher levels and incidences of contentment, and better relationships await those who are true to themselves. "For both men and women, being true to self led them to feel more positive about their own relationships," explains study lead author Amy Brunell, Ph.D., assistant professor of psychology at Ohio State University. And when you are true to yourself, you can reach new heights. Take for example Tag Heuer's latest female brand ambassador Cara Delevingne, known for her take-me-as-I-am elan. Visit your favorite Tag Heuer store to see if the new-found flair of their latest line fits your personality.

YOUR SUMMER ADVANTAGE

You and your little ones can enjoy the sunny season without getting under the sun. Check out F1 Hotel's Easter Sports Camp set to take place on April 5, 2015 at the F1 Hotel Infinity Ballroom. Complete with booths for face painting, egg painting, and other party games, kids and kids at heart will certainly enjoy it. Tickets for the Easter Sports Camp start at P899 nett per person. To make the Easter holiday even more special, book a room and spend the holiday with whole family for as low as P5,999 nett. Room package includes an overnight stay in a City Suite with buffet breakfast for two at F All Day Dining Restaurant and two complimentary tickets to the Easter Sports Camp. The Easter room package is valid from March 28 to April 5, 2015. For inquiries and reservations, call (02) 928-8888.



ALL STAR ROOM PACKAGE

Holy Week and Easter Bonus Prices
Spend a relaxing vacation with your family for as low as P5,999 nett per night.

Package Inclusions:

- Overnight accommodation in a City Suite with buffet breakfast for two (2) persons.
- Two (2) tickets to the F1 Easter Sports Camp on April 5, 2015.
- Late check-out up to 4:00PM. (Subject to availability)
- Complimentary use of swimming pool.
- Complimentary use of gym facilities.
- Unlimited broadband / Wi-Fi internet access.
- Complimentary parking. (Subject to availability)

Terms and Conditions:

- All rates are inclusive of 12% service charge and applicable government taxes.
- Free reservations are required.
- Prices may not be combined with other hotel prices, discounts, benefits, and/or packages.
- Prices is valid from March 28 to April 5, 2015 only.

F1 Hotel

FOCUS

36

Nutrition

BE A SALAD ACE

Know the sneaky weight-gain culprits in your plate of greens

40 Mind

Switch Off

Four simple ways to reboot your tired brain sans-traveling

46 Sex

Get Her in the Mood

Your date night checklist to turning her on

38 Health

Pills, Pills, Pills

Six OTC meds that you should always have with you

42 Wheels

Furiously Fast

Power and speed are what the Subaru WRX is all about



That's monounsaturated fat, guys! For your salads, the following ingredients are rich sources: tahini, avocado, olive tapenade, and extra virgin olive oil.

Is Your Salad Really Healthy?

Watch out for these six sneaky saboteurs that turn your greens from nutritious to disastrous

BY TRISHA BAUTISTA

YOU OFTEN SEE A lot of guys eating what looks like a salad these days. The uni-rice habit momentarily takes a step back in the quest to get lean. After all, you can't go wrong with veggies, a bit of bacon, creamy dressing, and cheese, right? But here's a bit of truth: You might have been better off eating a full meal.

"Salads can pack as much as 2,000 calories in a single serving," reveals Harvie De Baron, sports nutritionist and founder of the Baron Method. "Most of us don't realize that a lot of the bad stuff in what we eat comes from hidden ingredients that add up to so many unnecessary calories." Before you start wolfing down that bowl of greens, get to know the culprits that turn an otherwise healthy meal into a six-pack spoiler.

CULPRIT #1: THE DRESSING

Among these miscreants, the dressing is the sneakiest. You don't know exactly what goes into that ready-made dressing, which means you're probably consuming extra calories. For example, bottled Caesar salad dressing could pack as much as 600 calories in half a cup, while that creamy sesame sauce has about 640 calories in the same serving size. Non-creamy bottled strawberry vinaigrette? Try 120 calories.

Don't ditch the dressing altogether, though—just pour it sparingly over your greens. Also, check the base of your dressing. According to the nutritionists behind the book *Foods That Harm, Foods That Heal: An A-Z Guide to Safe and Healthy Eating*, extra-virgin olive-oil-based dressings is what you should have in moderation. When eating out, ask for it to be served on the side so you can control how much you use.

CULPRIT #2: YOUR CHOICE OF PROTEIN

Yes, protein is essential for building muscle and keeping you full. But if you add it in deep-fried or breaded form to your salad, then it defeats the purpose. "A lot of the fat and unnecessary calories we consume comes from oils and the way our food is prepared," adds De Baron. Go for baked or grilled meats and you're in the clear.





The US National Cancer Institute recommends consuming deep red or bright pink fruits and vegetables on a daily basis. The phytochemicals in these foods help your body fight disease and stave off cancer.



Dress to Impress

Making salad at home? Skip the store-bought sauces and try your hand at making these simple dressings recommended by sports nutritionist Harvie De Baron. How simple? Just whisk the ingredients together

Caesar Salad Dressing

2 tbsp olive oil
2 egg yolks
1 tbsp Dijon mustard
salt and pepper to taste

Basic Lemon Vinaigrette

3 tbsp extra-virgin olive oil
2 tbsp white or balsamic vinegar
3 tbsp lemon juice
salt and pepper to taste



CULPRIT #3: TEXTURE INGREDIENTS

The croutons, crispy noodles, and cornflakes that give salads crunch and texture also carry extra calories. Half a cup of croutons is worth more than 50 calories toasted, and even more when deep-fried. Crispy noodles contain up to 100 calories in the same serving size. Skip them to ditch having to burn more carbs.

CULPRIT #4: THE CHEESE

Dairy products are good for you in small quantities. When you let chefs dictate how much cheese should be in your salad, however, they tend to go overboard. Make sure you get low-fat varieties like cottage, ricotta, and feta, and limit the serving to a quarter-cup. Their crumbly texture goes well with your greens, too. For a rough estimate, half a cup of cottage cheese has about 120 calories.

CULPRIT #5: DISGUISED NUTS

Nuts are rich in protein and the good kind of fat, but serve them in their caramelized form and it's like eating your veggies with candy. Candied walnuts, common in many restaurant salads, pack 200 calories per quarter-cup. Stick to plain unsalted nuts, and eat about a handful with your meal. Crushing them "increases" the serving size and does wonders for improving your salad's texture.

CULPRIT #6: DRIED FRUITS

To add some sweetness to your salad, throw in some fruit—the fresh kind. Most dried and preserved fruits are loaded with sugars and preservatives, so opt to get your good sugars from fresher varieties. Crunchy apples and pears provide texture, while citrusy oranges and pomelos supply a dose of acid and vitamin C. ■

Pop and Stop

...any common medical emergency, that is, with these six over-the-counter drugs every man must have on him

BY ROANNE DURAN



READ BEFORE YOU POP

Over-the-counter meds shouldn't be treated like candy. "Every drug has a therapeutic dose, and when you go beyond that, it could lead to overdose and complications," warns emergency medicine specialist Daniel Luchangco, M.D. Follow the recommended dosage, and if your symptoms persist, see your doctor for other treatment options.



The Pill: Antacid

Hyperacidity can be caused by overeating, not eating for a long period of time, or drinking too much coffee and alcohol, to name a few. It can lead to heartburn.

How it works: Antacids relieve your symptoms by neutralizing your stomach acids.

Pop it: When you have heartburn or overly active stomach acids. It's the first line of treatment during an acid attack and offers fast neutralization of your stomach acids to relieve you of your symptoms, explains Jun Ruiz, M.D., a diplomate of the American Board of Internal Medicine in Gastroenterology and a consultant at St. Luke's Medical Center Global City. If you have gastroesophageal reflux disease or GERD, you may need other meds to neutralize your reacting stomach acids.

MH Pick: Kremil-S, P5.25 per tablet, leading drugstores

The Pill: Loperamide

Shit happens, as they say, but taking a loperamide capsule can avert a catastrophe in your underpants. **How it works:** According to the UK National Health Service, loperamide hydrochloride calms down your gut and gets it to move slowly so that more water from your stool is absorbed by the body. The less water in your stool, the firmer it becomes.

Pop it: Only when you frequently go to the loo to do number two. If your trips aren't that frequent, taking loperamide can mess with your gut's equilibrium and cause constipation, cautions Daniel Luchangco, M.D., an emergency specialist at Makati Medical Center.

MH Pick: Watson's Generics Loperamide, P4.25 per capsule (2 mg), Watson's

The Pill: Antihistamine

Once your allergies flare up, you'll be sneezing or itching like crazy. Take an antihistamine to counter a full-on allergy attack.

How it works: Exposure to allergens triggers your body to release histamines, which cause all the itching and swelling. Popping an antihistamine reverses this effect.

Pop it: When you suddenly feel itchy or keep sneezing. Don't just take any over-the-counter medication you can find. "Older classes tend to cause drowsiness, while newer ones like loratadine relieve you of symptoms without making you feel drowsy," explains Dr. Luchangco.

MH Pick: Allerta, P22 per tablet (10 mg), leading drugstores

The Pill: Mefenamic Acid

This pain reliever is classified as a nonsteroidal anti-inflammatory drug (NSAID), making it more potent than paracetamol.

How it works: It targets pain at the source and minimizes swelling. Unlike paracetamol, it doesn't lower your body temperature.

Pop it: When feeling intense muscle pain or toothache. Make sure you take it with a full stomach. "It affects the stomach's protective layer against acid. Prolonged improper use can lead to ulcer," warns rehab medicine specialist Mark Homer Tiangco, M.D., D.P.B.R.M., F.P.A.R.M.

MH Pick: Ponstan, P31.75 per capsule (500 mg), leading drugstores

The Pill: Paracetamol

When you're feeling feverish or suffering from mild to moderate body pain, you can't go wrong with paracetamol.

How it works: Paracetamol limits the body's production of prostaglandins, which are inflammation- and fever-inducing hormones produced at sites of injury as part of the healing process, explains Dr. Tiangco. This drug also targets the part of the brain that regulates body temperature.

Pop it: When natural measures fail to bring your temp or pain down. "It's short-acting and can only relieve your pain up to four hours," adds Dr. Tiangco. If the pain is too intense, you're better off taking a proper pain reliever.

MH Pick: Watson's Generics Paracetamol, P1.00 per tablet (500mg), Watson's

The Pill: Stimulant Laxative

Even if you chug down liters of water, your body could sometimes use help in order to drop bombs in the only place on earth where it's allowed: the toilet. A stimulant laxative comes in handy here.

How it works: Stimulant laxatives make the bowel muscles contract more often than normal and with much more force. According to health information website WebMD.com, this accelerates the stool's journey through the colon and increases its hydration, allowing you to relieve yourself with ease.

Pop it: Only when increased fiber and water intake doesn't work. Taken too frequently, stimulant laxatives can cause dependency, and this could make taking a dump much harder.

MH Pick: Dulcolax, P18 per tablet (5 mg), leading drugstores

A New Breed of Everyday Warriors

Filipinos are excellent adapters to changing circumstances—resilient through hardships, persistent despite opposition, and committed even in the face of failures. They also evolve faster everyday, always moving, always chasing, always wanting more. Individual objectives have also changed, from merely undertaking personal duties to overtaking personal goals.



This is where Cobra Energy Drink takes its inspiration: this generation of goal-setters and achievers that always wants more. Cobra calls it *Gusto Ko Pa*—a validation of the new character seen in Filipinos today: always determined to take things to the next level. This year, Cobra acknowledges the arrival of the generation whose energy is pushed to the limits—driven with the desire to not just live life,

but to live it with purpose.

Matteo Guidicelli rises as the new face of Cobra Energy Drink's latest campaign. Encapsulating the core Cobra values of dedication, perseverance, and determination, the multifaceted actor has made a mark with his hunger for life and adventure. Throughout his sporting career, he has proven that when he's in the game, he excels and exceeds expectations. From



“I work hard, I train hard, and I do it with a goal in mind.”

his early years as a multi-awarded racecar driver, Matteo has evolved into a triathlete of the country's most grueling sporting event—finishing five Cobra Ironman 70.3 races. He's someone that we can all aspire to be: skilled and accomplished but always striving to do better and get much more out of life.

When asked how and why he considers himself part of the *Gusto Ko Pa Generation*, Matteo explains, “With all the roles I take on, I always make sure to give it all I have—physically, mentally, and with purpose. I work hard, I train hard, and I do it with a goal in mind. Having this disposition makes me a part of this new breed. This is why I call on every Filipino to find that purpose within you, and once you find it, be the best at it. Lastly, don't stop there; always want more because that's when we become better.”

ENERGY FOR MORE

Cobra is the Philippines' number one and best-selling energy drink, powering Filipinos' rallying cry, *Gusto Ko Pa*—to do more, be more, and get more out of life. It contains world-class quality ingredients like B Group Vitamins sourced from Qualiblands, the world's leading supplier of pharma-grade vitamins, as well as ginseng, taurine, inositol and other ingredients to help Filipinos achieve more in a single day, everyday. It has several variants to serve different energy needs, namely: Cobra Original for instant energy, the low-calorie Cobra Fit with ActivBurn technology plus L-Carnitine for Power Fitness, Cobra Smart with ginkgo biloba for Power Thinking, Cobra Defense with Vitamins A to E and Zinc for Power Immunity and Cobra Berry for that Power Rush. For more information on Cobra visit www.cobraenergy.ph.



Fmind



Wondering why you seem to like drinking a lot of beers? It could be because of your job! A study published in the journal *BMJ* links excessive work and alcohol abuse. Study authors point out that booze can seem like a fast acting numbing agent for work pains.

Dream Vacations

Four simple ways to bust out of a burnout, no traveling required

BY REGINE RAFAEL

ADMIT IT: WE'RE all guilty of being workaholics. Who hasn't put in extra office hours on a weekend, or checked work e-mails and messages long after clocking out? With bosses frowning upon minions who take scheduled vacations, it's easy to disregard the value of work-life balance.

Chronic stress and burnout thus become inevitable. But when a planned getaway to help curb the downward spiral is out of the question, you can still

take a mental vacation. "It's a way to pause, regroup, and gather our mental resources to be ready once again to tackle our daily tasks, [but] in a more mindful manner," explains psychologist Kay Bunagan, founding partner of Better Steps Psychology in Pasig City.

Should you find yourself in need of a break, try these four methods to help your mind return to center.

Seek Temporary Distractions

Focusing on something else besides what's stressing you out gives your mind a break. Psychiatrist Ryan Rabago, M.D., D.S.B.P.P., a consultant at the Makati Medical Center, says that how you do this depends on your personality. If you're an introvert, engaging in solitary activities like watching TV or reading affords you this mental escape. If you're an extrovert, seeking the company of friends and family for conversation over dinner or drinks detaches from your current stressor.

Breathe

Taking the time to reflect after a long day at work is a good way to leave the stress at the office, so do breathing exercises before you clock out. Take this tip from Nico D'Haenen, owner and head trainer of Unlimited Sports Performance Center in Pasig City: When you inhale, breathe in through the nose, fill your lungs, and expand your belly. When you exhale through your mouth, contract your core as you empty the air out of your lungs. Do this slowly 5 to 10 times.

Be Around Nature

Going for a stroll around a nearby park or garden apparently helps lower your levels of the stress hormone cortisol, reveals a study published in the journal *Landscape and Urban Planning*. It doesn't have to be long, too. "Take advantage of opportunities to visit a green space as often as possible, even if only for five minutes, to help enhance your well-being and reduce stress levels," explains Catharine Ward Thompson, the study's lead author.

Visualize Relaxation

According to the Mayo Clinic, using your imagination to transport yourself to a happy, calm, and relaxing place can help take the stress away. Wherever that place is—your favorite beach with the people you love most, or your go-to burger joint—spend a quiet moment to reminisce. Include the scents and sounds of these places to frame your visions better, too.



Time to Take a Trip, Man

Even daily mental vacations can't save you when you burn out hard. Ryan Rabago, M.D., D.S.B.P.P., a specialist in behavioral sleep and cognitive therapy, shares the signs that indicate you're in real need of a real vacation

FEELINGS OF FATIGUE

Fatigue can be physical or mental. You'll know you need to take a break when you start making a series of mistakes at work or at home.

CLUTTER

Again, this can be physical or mental. Whether it's in the mind or in the workplace, it's a negative for the body and the soul.

DIFFICULT DECISION-MAKING

A burned-out person has a hard time thinking clearly. Being too wrapped up in your problems keeps you from seeing the big picture.



WHOA.

Light, responsive and oh so comfortable.
Step into a pair and feel WHOA for yourself.

ISO SERIES



EDITOR'S
RUNNER'S
CHOICE



HURRICANE

TRIUMPH

ZEALOT



SauconyPhilippines



SauconyPH



SauconyPH

Saucony Store Glorietta 3 | Olympic Village Ermita | Olympic Village Festival Mall | Olympic World ATC | Runner TriNoma | Runner Bonifacio High Street | Runner ATC
Sports Central Megamall | Sports Central MOA | Toby's Mall of Asia | Toby's Glorietta 2 | SM Department Stores | Robinsons Place Manila



Even if you have a specific make and model in mind, visiting different dealerships can help you find the best deal, says Botchi Santos, consumer editor of *Top Gear Philippines*. Each has a different quota to meet—leading to better promos and discounts if you happen to find one that needs to sell more units.

Lasting Thrill

The Subaru WRX stays true to its rally-car roots, but also gives you everything you want in a daily driver

BY WAYNE JOSEPH TULIO

Power Combo

Subaru's street cred has always been driven by its boxer engine. Under the WRX's hood is a 2.0-liter turbocharged direct-injection gasoline mill that churns out 264 horses and 350 Newton-meters of torque, and is mated to an 8-speed Lineartronic manual or auto transmission. The combo just screams to be driven—and of course we obliged. The automatic variant we drove delivered power on demand, responding right away to every dab on the gas pedal. Overtaking on the open highway was a breeze.



SUBARU WRX
P1,818,000 (2.0 MT);
P1,888,000 (2.0 AT)
For more info, log on
to www.motorimage.net/PH.



CUSTOMIZABLE POWER

The WRX also features the SI-Drive function. With a simple press of a button on the steering wheel, you can choose one of three modes: Intelligent for better fuel consumption; Sport, for more power; and Sport# for unleashing all of the engine's might. The automatic variant also allows you to manually select gears via paddle shifters. We found it's quite close to driving a real stick-shift, when it comes to making you the true boss of the car.

Get a Good Deal



Salesmen use a lot of sweet talk just to sell you a new ride. Here are two simple ways to stay objective and save cash as you make this major purchase

Research Online

A study published in the *Journal of Consumer Research* found that your dealership visit will be shorter by an hour and 20 minutes if you do online recon. Look up what you want to know about your dream ride on car sites like *TopGear.com.ph* so that when you visit the dealership, you already have specific questions in mind.

Keep It Technical

When talking to a sales rep, make sure you ask technical questions. Don't allow him to humanize the vehicle. Canadian research found that if a car takes on human attributes, you're likely to evaluate it positively, and this could sway your decision-making. Additionally, don't sit too long in the display car—it gives you the feeling that it's almost yours.

AGGRESSIVE STANCE

Sitting on the same chassis as the WRX STI, the WRX looks every bit as sporty as its rally-replica cousin. Its design is a mix of fluid lines and sharp edges. The whole front end is pimped up with a hood scoop, HID headlamps, and a simple but edgy-looking grille. Hinting at the sports sedan's performance are its dual tailpipes, lip spoiler, and front and side skirts. The bodykit goes well with the 17-inch alloys, making the WRX a veritable head-turner.



URBAN FIT

Despite looking and performing like a sports car, the WRX is still comparable to other compact sedans when it comes to ride comfort and everyday drivability. Its suspension remains steady during sudden turns and over imperfect roads. Inside, there's ample legroom all around, and you get a good view of the road from the driver seat. The leather-wrapped steering wheel isn't too thick, making it easier to grip as you steer the car to your destination.

The asking price for all of this certainly isn't cheap: P1,818,000 for the manual, and P1,888,000 for the automatic. But remember: This is a performance car disguised as a daily driver. With the WRX's rally-bred performance matched with the qualities that make it fit for city use, you're essentially getting two cars for the price of one.





Rio dela Cruz
Marathoner and Running Coach

KEEP TRAINING, KEEP PERFORMING

WITH **ENERVON[®] ACTIV** 

Coach Rio trains consistently and races regularly. To sustain that kind of energy, he needs the right kind of nutrition — just like all progressive athletes.

Enervon Activ helps support consistency in training. It is scientifically formulated to build stamina with vitamins and minerals that you need:

- *Panax ginseng, royal jelly, and B-complex* for energy
- *Antioxidant vitamins A, C, E and Zinc* for immunity
- *Special Mineral SIUM 5XTM* formula for improved muscle control

Take Enervon Activ everyday with essential vitamins and minerals to help improve your physical performance. Help beat your personal records during training and especially on race day.



Ftake it from him

Warrior Mentality

You can easily consider Urijah Faber a mixed martial arts icon—he's been in the sport since 2003, championing the lighter weight classes. But far from being an old lion in the winter of his career, he continues to improve and remains unafraid of new challenges. Next month, right in our own backyard, he will step up a weight class to face Frankie Edgar in the headliner of *UFC Fight Night 66*. He shares his secrets to fueling his career's longevity

BY WAYNE JOSEPH TULIO

KEEP LEARNING

[MMA] is a sport that's changing every day. As it progresses, the guys who don't progress with it—the ones who stop learning and think they know [everything]—get left behind. I am no dummy. I love the sport and my lifestyle, and I don't want to lose that.

SHARE YOUR KNOWLEDGE

I am in a unique position in a historic time in our sport: I can be a real influencer, and I realize that. I want to be someone who can give back. My team currently has guys who come over from [differently places] to train with us. Right now, we have guys from Ireland, the UK, Japan, Sweden, Denmark, and Norway, and I get to spread my knowledge and make an impact. It's pretty cool.

ALWAYS SEEK CHALLENGES

At this point in my career, I feel like I need to take fights that are big and that get me excited at the same time. As much as it is nice to get paid to fight, the [thrilling] part for me is the challenge. I get to challenge myself against [legendary guys] like Frankie Edgar, who has done so much for the sport. We are both former champions and pioneers of the lighter weight classes. It gets me excited, and that's important to me.



WATCH IT LIVE

See Urijah Faber slug it out with Frankie Edgar at the Mall of Asia Arena on May 16! Tickets for *UFC Fight Night 66* are now available. Log on to www.ticketworld.com.ph for details.



BE THE EXAMPLE

I play a lot of roles right now, and being a leader is a big one. I've got a group of younger guys who've been with me my entire career. I've got some who started at 10 or 11 years old, and I want to set a precedent for these guys to have long and healthy careers. I've got to lead by example, by living a healthy lifestyle and always learning. Being a mentor is one thing, but I also understand that everything I do at this point is tacking on to my legacy [as a fighter]. I am about celebrating success—everything you do is something you can be proud of. But I am still always looking for a little bit more success.

KNOW WHEN TO HOLD BACK

I used to overdo my training, but now I am a lot smarter about it. I think a common theme among [my Team Alpha Male teammates] who've had success over the years—guys like Joseph Benavidez, TJ Dillashaw, and Danny Castillo—[is] they go above and beyond. You almost have to kick them out of the gym because they are training too hard. You need a little bit of that, but you also have to understand the need to take care of your body, and get rest to heal. For me, that's the difference now. I am more aware that I need to heal up and be smarter with training and not kill myself so much. That has been the case the last couple of years as I transition into the latter parts of my career.

“

I AM ABOUT CELEBRATING SUCCESS—EVERYTHING YOU DO IS SOMETHING YOU CAN BE PROUD OF”



Ani De Leon-Brown
National Triathlon Team Coach & Fastest Filipina Ironman

YOU HAVE 45 MINUTES BEFORE LASPAG ATTACKS.

TAKE **Enervon HP**

Coach Ani knows that laspag attacks can happen after an intense workout or race. So she takes Enervon HP immediately.

Formulated with the ideal 3:1 carbohydrate-to-protein ratio, Enervon HP helps athletic adults recover faster by:

- Repairing worn-out muscles with *high protein nutrients*
- Restoring lost energy with ample *carbohydrates, B-complex vitamins, and essential minerals*

After exercise, athletes have a 45-minute recovery window for best nutrient absorption. Take Enervon HP during this time. Not only will you beat laspag attacks, but it will help you be stronger for your next training and upcoming race. *Exceed yourself* each time with proper recovery with Enervon HP.



Available in leading supermarkets, drugstores and convenience stores nationwide.



Exceed yourself.



GO FURTHER
You got her attention,
now turn her on

Get Her Hot and Ready

She's not the only one who can play the hard-to-get card. These subtle moves for date night will slowly but surely get her in the mood

BY MAITA DE JESUS

THE SECRET TO WINNING a woman over isn't rocket science. It's a matter of a little push and pull—sincere attentiveness, coupled with a little touching here and there. Do that and you're halfway there. Want to take it all the way? Follow this guide and ace the setup that just might end in naughty fun.

The Scene: Asking her out

The Common Mistake: Setting the date only a few hours before. If it's really late, she could think it's a booty call.

Do It Better: Set the date at least three days in advance. Also, be a man with a plan. "You might think you're being a gentleman asking what she'd be happy doing, but you'll just look like a wimp," says dating coach James Preece of *OnlineDatingClinic.com*. He advises you to plot the evening without giving too much away: "Women love surprises—and this will make you appear more confident."

The Scene: The drive to dinner

The Common Mistake: Botching the conversation. Nothing's more awkward than silence because you can't get a chat going.



Do It Better: A great start is to ask her how she's been doing since you last talked. Listen to what she says, and throw in a compliment or two based on what she talks about. Going for the direct "you're beautiful" compliment can give her the wrong impression, reports a study published in the *Personality and Social Psychology Bulletin*. Women may perceive you as inappropriately nice, manipulative, and just trying to obtain sexual favors or just eager to please, explains psychologist Gurit Birnbaum, the study's lead researcher. She might judge you as less sexually appealing, so keep your cool, bro.

The Scene: At the dinner table

The Common Mistake: Sitting beside her. While rubbing shoulders and the occasional arm grazing seem sexy, this only works when you're already a couple; if not, it's just plain weird



Do It Better: Sit across from her. You can look into her eyes and show her how attentive you can be. Lightly touching her arm or even wiping a crumb off her face can make her feel comfortable around you. "Scientists have discovered a particular kind of nerve fiber in people's skin—especially in the face and the arms—that appears to have developed specifically to transmit the pleasantness of social touch," writes theoretical physicist Leonard Mlodinow in *Subliminal: How Your Unconscious Mind Rules Your Behavior*.

The Scene: Post-dinner

The Common Mistake: Wanting to go somewhere nice and quiet, or to take her back to your place (or hers) for some action right away.

Do It Better: Offer to take her to a place where you two can go for a stroll or do interactive things like rockeoke. It shows her that you have a zest for fun. "We feel a sense of self-expansion around people who are enthusiastic about life," quips Brandy Engler, Psy.D., author of *The Men on My Couch*. She will also see a different side of you that she didn't see over dinner.

The Scene: The drive back to her place

The Common Mistake: Playing the cool card and not telling her that you're having a good time.

Do It Better: A simple, "Hey, thanks for a great time tonight" is something a woman will remember for a long time. Take it a step further and talk about the events of the night—ask her what she liked about the meal or the after-dinner activity, and if she'd like to go back to the same spot again. The questions don't have to be profound; it's about keeping the conversation flowing. You can use her answers as a jump-off point to gauge how to proceed once you get to her place.

The Scene: Back at her place

The Common Mistake: Lingering too long.

Do It Better: Read her interest. If she doesn't invite you in to chill at her place, that's your cue to try again another day. But if she does, it could be a test. "A guy I went out with pinned me down and kissed me as soon we got to the gate of my house. He just assumed I was okay with it, but I seriously wasn't," shares Jasmine, 31, a respondent of our survey (see "Bad Bombs" for more lame moves that just don't work). Play it wrong and you won't ever get another chance.

The Scene: Sitting on the couch

The Common Mistake: Being too close for comfort.

Do It Better: You still need to exercise boundaries, buddy. Keep the conversation going and subtly touch her arm and face. If she starts touching you back and seems to cozy up to you, then don't hesitate to lean in for the kiss. "Sometimes, when a guy meets a woman he thinks is relationship material, he'll be overly shy—and this sends out confusing signals," says Ian Kerner, Ph.D., author of *DSI: Date Scene Investigation*. Once things get hot and steamy, you may proceed to do bedroom calisthenics. ■

If you find yourself wanting to date a friend, you need to make it obvious that you see her differently. "Making the transition from friend to girlfriend is very hard, so you need something that's game changing," says Ian Kerner, Ph.D. A romantic style dinner will drive this point home.

➔ Bad Bombs

We ask the ladies what they consider to be deal-breaking moves



"A musician offered to bring me home one time, and his first question to me was, 'So, what songs of my band do you listen to?' He then gave me a copy of his album. Talk about self-absorbed!"

—Stephanie, 30

"A guy was dancing behind me on the dance floor and just proceeded to rub his crotch on my butt. Yuck!"

—Carlisle, 29

"I was talking about feeling the change in weather to a guy I just met at work, and he sat close to me and said 'Ako, nararamdaman mo na? Malaki ang difference sa akin.' We don't talk anymore!"

—Marge, 30

"A guy drove me home from a party, and as soon as we got to my place, he ran his hand down my arm and kissed me less than a centimeter away from my lips. Sure he was super-drunk, but things got really awkward after that."

—Nikki, 25

"I met this guy at a party, and after talking for an hour, he offered to take me home and wouldn't take no for answer. I had to ask my friends for help!"

—Reg, 28

"This guy keeps texting me to come over his place for DVD *tambay*. Most girls already know that tactic!"

—Cecil, 30

Men's Health PHILIPPINES URBANATHLON & FESTIVAL 2014

URBANATHLETES CONQUER A NEW BATTLEGROUND AT THE MH URBANATHLON 2014!

The Men's Health Urbanathlon, held last November 16 at the Nuvali grounds in Sta. Rosa, Laguna saw **over 2,000 participants** cross the finish line. The Men's Health signature event is a unique race that combines an endurance run with strategically-placed obstacles against an urban backdrop.

For the first time in eight years, Urbanathletes across the 5, 10, and 21 kilometer categories ran not only on concrete but also on uphill and trail terrain. Along the way, they climbed and crawled through eight challenges. This year's obstacles included a mix of new and old—race favorites like the military up and under, the tire field, the scaffold maze, the container van, monkey bars, low crawl, and the eight-foot wall. Participants in the 21K category got an added treat with an extra network obstacle to climb.



facebook.com/MensHealthPhilippines



@menshealthph



@menshealthph



The race attracted elite runners, weekend warriors, and fit celebrities. Men's Health July 2014 cover guy and model John Spainhour was seen putting his military training to use. Other personalities who conquered the race were Spongecola frontman Yael Yuzon and GMA-7 actor Mike Tan. Gameplan's Amanda Fernandez and Philippine Volcanoes mainstay Chris Everingham co-hosted the event.

Participants who crossed the finish line received medals and a unique Men's Health finisher's shirt. Loot bags with various freebies from event sponsors were also given. For further updates about the event, log on to [Facebook.com/menshealthphilippines](https://www.facebook.com/menshealthphilippines).

The Men's Health Urbanathlon 2014 is co-presented by Gatorade and Avida with major sponsors Asics, Bridgestone, Emperador Light Gold's Gym, Schick, and minor sponsor, Planet Sports. Nuvali is the official venue and Takbo.ph is the event's media partner.

Co-presented by:



Major sponsors:



Minor sponsors:



Official venue:



Official media partner



SMART PHONE.

Your mobile phone is changing the way you live, one tap at a time. Like an Internet-connected extra limb, it's never far from you—and to be honest, when that thing goes dead, the first priority you have is finding a free power outlet. We've rounded up and vetted the best tips to make your phone work for you as you go through your normal working day

By Lio Mangubat, Enrico Miguel T. Subido,
and Gabriel A. Pangalangan

AMP UP YOUR APPS


Ed Geronia Jr., technology officer,
Sari Software Solutions

"In the morning, when I know I'm going to an unfamiliar location, I plot a waypoint in Waze. When I start the car, I connect my phone to the audio system to integrate with the onboard voice command. I also log in to Spotify to pipe in music. My most used app on the smartphone is Aldiko, an e-book reader. Most of my work involves writing and research, and I probably can't live without a basic online/offline word processor such as Google Docs and Word."

6:00 AM

SAY NO TO THE SNOOZE BUTTON

Remember, a good night's sleep goes through four stages that recharge and refresh our body. Snoozing for five, 10, 15 minutes at a time merely gets you groggier. "If sleep is interrupted, even by a brief EEG arousal, then the benefit of the period of sleep immediately prior to the arousal is lost," writes Edward J. Stepanski, Ph.D., of Chicago's Sleep Disorders Service and Research Center at Rush University Medical Center. To break your snooze habit, try apps like **I Can't Wake Up** (iOS/Android), which lets you turn off the alarm by shaking the phone or solving puzzles.



SMARTER MAN?

09:00 AM

DON'T CHECK YOUR E-MAIL RIGHT AWAY

Hold off the e-mails! Not checking your inbox the second you get to work may lead to greater productivity throughout the day, because your groove won't be interrupted by responding to the e-mails. But according to Julie Morgenstern, author of *Organizing from the Inside Out* and *Never Check E-Mail in the Morning*, this only works if you first get one task done before opening your inbox and getting flooded with a set of new tasks.

Smart Tip: Before you leave the office later, start on a new assignment—but don't finish it. Get back to it first thing in the morning (before checking your e-mails), and with a good night's rest, it should be peanuts. Starting each morning with a small personal victory like this can positively influence the rest of your day.

COMMUNICATE BETTER

Abe Olandres, technology blogger and founder of YugaTech.com

"A good two or three hours of my mornings are spent on checking and responding to communications. I usually spend an hour or two to complete the most urgent ones before I check my Twitter and Facebook accounts for additional communication, on top of my chats groups in Line, WhatsApp, and Viber."



11:00 AM

FINISH YOUR TO-DO LIST

User-friendly productivity apps like **Wunderlist** and **Remember the Milk** (both iOS/Android) can help you plot out the rest of your day more efficiently. With lunch break in an hour, chances are your work routine will be broken, so it's best to accept this and come back strong after the break by itemizing things you have to do.

Smart Talk: "Have you ever paused long enough to ask yourself how you could benefit from being better-organized?" asks J. Glenn Ebersole Jr., chief executive of J. G. Ebersole Associates and The Renaissance Group. He lists down the unbeatable benefits of prioritizing and organizing your tasks: better focus; the ability to work more efficiently and economically; reduced stress levels; the ability to exercise creativity; and more energy and enthusiasm.

COORDINATE THE GUTS

Zak Yuson, director of Move.PH at Rappler.com

"I personally like to use Asana because it gives me a list of tasks and who's assigned to do what in an easy-to-read format. But not everyone on my team likes checking out an additional app. An 'over-the-top messaging' app like Viber is our chief way of coordinating and communicating. It combines email-like features with chat convenience."

1:00 PM

SYNC WITH YOUR TEAM

You've still got a few hours of labor at the salt mines before the evening bell tolls. But you can't do it all on your own. Working in a group is a crucial skill to develop at work. Use apps like **Asana** or **Trello** (both iOS/Android) to share tasks and reminders, get the latest updates from each other, gather all the team's work in one secure place, and keep everyone on the same page.



The Sleep Slayer

► Your phone is the worst enemy of sleep. A 2012 Time/Qualcomm poll revealed that 64.58 percent of people aged 18 to 44 sleep with their phones within reach. This is bad news, because heavy phone use can lead to sleeping problems, stress, and depression, according to a Swedish study at the University of Gothenburg. A new Stanford University survey also found that nearly 85 percent of the iPhone users in their study used their phones as watches, 88 percent used their phones as alarm clocks, and 75 percent would fall asleep with their phones in bed with them. Many take their phones to bed to set their alarms for the next morning and to squeeze in one last scroll through their social-media feeds. This can be very problematic, however, because researchers at Wayne State University in the US and Karolinska Institute in Sweden found that radiation emitted by mobile phones can cause headaches and interrupt vital sleep patterns.

THE ANNOYANCE NUMBERS

A survey of 554 professionals by the University of Southern California's Marshall School of Business showed just how much pulling out your phone at a meeting really pisses them off

87% "It's inappropriate to answer calls at a formal meeting."

84% "It's inappropriate to write texts or e-mails at a formal meeting."

75% "It's inappropriate to read texts or e-mails at a formal meeting."

22% "It's inappropriate to use your phone at any meeting."

2:00 PM

LISTEN TO THESE SONGS

Plug in your headphones and listen to music to make you feel like you can do anything. A study conducted at Northwestern University's Kellogg School of Management identified three songs that are guaranteed to pump you up for the day:

- Queen's "We Will Rock You"
- 2 Unlimited's "Get Ready for This"
- 50 Cent's "In Da Club"

In the study, these three songs were rated by participants as the ones that made them feel the most empowered. While listening to these jams, participants were also more likely to use dominant language while completing a word game.

3:00 PM

LEAVE YOUR PHONE OUT OF ANY MEETING

You and the rest of the team are assembled by the boss for the pre-planned meeting you all talked about the other day. While it's going on, resist the urge to scroll through your phone—even when the marketing guy's presentation is as boring as a Senate hearing. Leaving your phone on the desk and not tinkering with it also shows you respect what's going on.

1 / Tech is Changing Your Brain: Electric Dreams

A 2008 study at Scotland's University of Dundee found that adults over the age of 55 who grew up in a household with a black-and-white television were more likely to dream in black and white. Younger participants who grew up with Technicolor almost always experienced their dreams in color. These findings were backed by the American Psychological Association in 2011.

WANT TO LEARN HOW TO MAXIMIZE FITNESS APPS?

Turn to the "Techie to Brawny" story on page 93.

6:00 PM

TURN ON WAZE BEFORE YOU START DRIVING

To get through the hellish traffic, you've got a weapon (or two) in your smartphone arsenal. Be warned, though: Apps like **Waze**, **Google Maps**, or **MMDA** (all available on iOS/Android) can distract you as you drive. According to the American Automobile Association Foundation, using voice control systems and inputting destinations to find travel routes are as distracting as making a handheld phone call.

Also, smartphones have changed how we deal with gridlock. Checking social media in traffic is one way drivers use their smartphones to pass time, but this is said to be more dangerous than driving drunk, warns the Institute of Advanced Motorists in the UK.

Smart Tip: To keep yourself entertained but out of social media behind the wheel, set a playlist on **Spotify** (iOS/Android) before heading home and let the fresh tunes keep you jiving as you're driving.

7:00 PM

SHOULD YOU USE A FITNESS APP?

Smartphones have revolutionized exercise, thanks to the newfangled apps that create training regimens and provide motivational videos for us. According to the *American Journal of Preventive Medicine*, about 50 percent of mobile subscribers in the US use a fitness app, but this has its ups and downs. How effective are they, really?

Yup, They Work

Research has shown that most smartphone applications are as accurate as wearable devices when it comes to tracking calories burned and distance covered during runs. And in a new Northwestern medicine study, a mobile app that tracks activity and food intake helped people lose an average of 15 pounds.

No, They Don't

A study in the *American Journal of Preventive Medicine* found that fitness apps lack behavioral strategies that help improve motivation, reduce stress, and assist with problem solving, which means they do little to help you lose weight. Moreover, Kent State University researchers state that high phone usage in general has kept college students away from the gym.



3 / Tech is Changing Your Brain: Body Clock Blues

Turn the lights down low. Researchers from the Light Research Program at Thomas Jefferson University in the US say that glowing lights from computer screens may be disrupting your body's circadian rhythms, fooling your brain into thinking it's still daytime. The solution: Turn off your gadgets at night.

2 / Tech is Changing Your Brain: Ghost Buzzing

No, your phone isn't vibrating—that's probably just an itch in your leg. In a 2012 study published in *Computers in Human Behavior*, 89 percent of 290 surveyed college graduates reported feeling "phantom vibrations," the physical feeling that their phone was ringing even when it wasn't.

SNAP YOUR BEST PHOTOS

Third Guevara, freelance photographer (@thefoodgrappler)

"When taking photos of your food, use natural light and turn off your flash. This makes your photos look better, and you won't get grainy shots. Also, make sure you have steady hands. The key to good photos is sharpness, so hold your phone with both hands and plant both forearms on the table. You can also place the phone on a flat surface for stability. On Instagram, don't use filters! You can tweak sharpness, saturation, and contrast to emphasize colors, but you don't want to alter the photo's texture."

8:00 PM

INSTAGRAM YOUR FOOD

Surprisingly, your #foodporn posts might actually make your meal taste better, assert researchers at the University of Minnesota and Harvard Business School who have found that rituals "enhance the enjoyment of consumption." One downside, though: British consumer website *Which.co.uk* warns that your phone has as many germs as a toilet seat, so using it before eating might not be the most hygienic thing to do.

9:00 PM

TIME TO DISCONNECT

You just got home after a long day at the office, and all you want to do is chill and get the sports and social-media updates via your smartphone. This might not be the best way to unwind. In a study published in the *Journal of Communication*, researchers at Johannes Gutenberg University of Mainz in Germany and VU University Amsterdam in the Netherlands found that people who were highly stressed after work did not feel relaxed or recovered when they watched TV, played video games, or tinkered with their phones. Instead, they tended to show higher levels of guilt and feelings of failure.

Quick Fix: Nerina Ramlakhan, M.D., author of *Tired But Wired*, suggests setting your gadgets aside to have face-to-face conversations, to daydream, or to take a walk. All these can help put your mind at ease before bedtime. ■

THIS
IS THE

END



YOU ARE GETTING VERY SLEEPY. WHEN I SNAP MY
FINGERS AND MY ASSOCIATE STICKS A NEEDLE IN
YOU, YOU WILL NO LONGER WANT TO SMOKE

Enrico Miguel T. Subido

I SMOKED MY LAST CIGARETTE A FEW DAYS AGO. THERE IS RELIEF IN BEING ABLE TO DECLARE THAT, YET SOMETHING IS OFF-KILTER.

I think about my decision and the long-term physical benefits—stain-less teeth, fresh breath, gums in the pink, healthy sperm, clear lungs—and I give myself a big pat on the back. But the daydream ends just as quickly and my thoughts shift to the here and now: bombarded by memories of lighting up, taking that first drag, and feeling the unique and inexplicable joy that only smoking gives. This limbo state of withdrawal sucks.

A few days ago, for purely experimental purposes, I saw a hypnotherapist and an acupuncturist simultaneously, and asked each one if they could help me kick the habit. I think the treatment just might have worked.

“IT’S COOL TO SMOKE”

Smoking cigarettes became a regular thing for me about 13 years ago. As a high-school senior with a newly minted driver’s license, a set of wheels, and a taste for the open road, it seemed only natural to have a cigarette between my fingers as I clasped the steering wheel and cruised through winding Baguio roads with the windows down. There was no arguing it: I looked cool. And this perception of myself was reinforced by the fact that many of my peers also enjoyed going on random smoke-and-drives.

I was aware of the health risks. I knew that the smell of smoke was off-putting for most. And it wasn’t fun doing laps around the school field on weekends as punishment for getting caught burning one in the men’s locker room. But there was simply no way I was putting a halt

to this thing that made me feel cool.

Moving down to Manila for college, smoking took on a more functional role. It wasn’t about being cool anymore, since so many others on campus, students and faculty alike, smoked. It was an accepted, ubiquitous practice. Instead, the cigarette became a reliable friend that helped me kill time in between classes and feel light after a heavy meal. It often also created an avenue for striking up conversations with the ladies who shared my habit. I would purposely leave my lighters at home so that I could make justifiable eye contact when bumming a light off a pretty girl.

The dangers seemed like mythical bogeymen. During pick-up basketball or soccer games, my legs never gave out, my lungs never felt weighted, and my stamina and agility on the hard court or the pitch were just as they were supposed to be. And there was no better reward for a won game than having a cigarette in the parking lot, while leaning on my car. Okay, so maybe the cool factor never really left the equation.

After college, I realized there really wasn’t any reason to keep at it anymore. Driving with the windows down in Manila was unpleasant, going on joyrides was a waste of gas, I wasn’t waiting for any classes, and the lovely ladies had their own lives now. Yet the routine persisted. Have a smoke in the morning. After meals. While having a cold beer. In between writing articles. Before bed.

Smoking wasn’t useless, but it definitely wasn’t doing me much good. A few years ago, I

started to feel my body rejecting it: I would regularly cough up this nasty gray goop after an intense sprint. That was okay, but I guess what really got to me was that I wasn’t quick anymore. I would pant heavily a few minutes into each ball game, and eluding the defense became increasingly difficult. I wasn’t supposed to be this slow. Granted, I did put on a few more pounds since my college days. But I knew it was really the smoking behind it all.

UNCHARTED WATERS

“Sometimes, it takes until it’s really bad before people realize that hypnosis and acupuncture are relevant ways to curb addictions,” says Strix Toledo, M.D., a licensed physician, acupuncturist, and hypnotist at Symmetry Medical Clinic in Quezon City. “Both treatments are often the last resort after people visit other doctors. The good thing is we are pushed to study and learn more so that we can really, effectively, help the people who come to us.”

I actually hadn’t tried any other methods for quitting—patches, substitutes, e-cigarettes, going cold turkey—so this hypnotherapy and acupuncture experiment kind of seemed like throwing myself into the deep end straightaway.

I won’t lie: I had (and somewhat still have) my doubts about hypnotherapy. It wasn’t because my ATM passcode was in danger of being revealed or that I would start going to work wearing ladies’ clothing after the session. The skeptic in me just didn’t think it worked. The more I thought about it, however, the more



THE LAST SMOKE
Even with extreme measures,
quitting still requires will power

Acupuncture Points for Addicts to Live By

There are two things common in any kind of addiction: cravings and a sense of relaxation once the craving is satiated. Strix Toledo, M.D., licensed physician, hypnotist, and acupuncturist at Symmetry Medical Clinic, highlights two acupuncture points when dealing with smoking cessation

NAME: BAI HUI

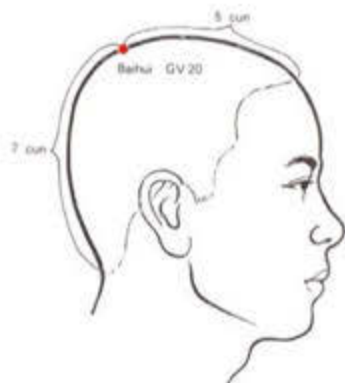
ENGLISH NAME: "Hundred Convergences"

LOCATION: One the crown of one's head

PROFILE: Crossing point of three Yang meridians (hand, foot, and Du meridian or "Governing Vessel")

FUNCTION: Restores clarity of mind; relieves stress

DIY MASSAGE: Sit straight and put the palm of your hand at the center of your crown. Massage the point 50 times clockwise and 50 times counterclockwise, 2 to 3 times a day to alleviate stress.



NAME: SHEN MEN

ENGLISH NAME: "Spirit Gate"

LOCATION: Ears

PROFILE: Useful in treating smoking, according to the National Acupuncture Detoxification Association (NADA) protocol

FUNCTION: Decreases stress, anxiety, and excessive sensitivity; calms and tranquilizes (press/massage this point to lower any cravings that may arise)

DIY MASSAGE: The Shen Men point is located at the apex of the triangular fossa of your ears. Using your pointer finger, massage the point both clockwise and counterclockwise until the urge to satisfy a craving passes. You may also do this massage using a cotton swab.



I realized how irrelevant my skepticism was next to kicking this smoking habit. "The only quality that makes someone a good candidate for hypnosis is that they want to stop [smoking]," says Ken Grossman, Ph.D., a clinical hypnotherapist based in Sacramento, California. He also mentions that an unbiased approach would probably yield more positive results. Keeping that in mind, I found myself getting more excited as the day of my hypnotherapy-slash-acupuncture appointment neared.

In charge of my hypnotherapy session was Trance Manila founder Jason Principe, a certified hypnotherapist and practitioner of Neuro-Linguistic Programming (NLP). After a quick chat about my history of smoking, he assured me that this was not going to be some form of mind control, and that my secrets were safe. The things I didn't want to change would stay the same, too. He explained how delving into my unconscious mind could help target, and extricate, what compels me to smoke.

"We try to help clients with things that they seemingly can't control, things that go on in their unconscious mind," says Principe. "People who have addictions are compelled by a craving they feel they have no choice but to satisfy. We help folks like these take control."

Hypnotherapy is like updating outdated software. Like a computer, the unconscious mind takes in data, records it, and plays it back. The problem is that data and programming languages get antiquated in a flash. By updating an obsolete system (like, why you started

HOW MUCH SMOKING CAN COST YOU AS A MAN



330%

Rise in a smoker's risk of damage to his Y-chromosomes, compared with non-smoking men

smoking in the first place), the hardware—your body and its functions—can run better.

Doubling up and letting acupuncture overlap with hypnotherapy supposedly increases the treatment's success rate. "Research supports acupuncture's role in influencing the various aspects of the nervous system, thereby modulating things like your gastrointestinal system, heart rate, stress response, and mood," writes Jamie Starkey, lead acupuncturist at the Cleveland Clinic's Center of Integrative Medicine. Both hypnotists and acupuncturists study the body's tension cycles—syndromes associated with chronic stress that are observable in people who have severe addictions, compulsions, or the inability to control things.

"These tension cycles are associated with an over-firing of the sympathetic 'fight or flight'

system, or stress system," explains Dr. Toledo, tasked to spearhead the acupuncture component of my therapy. "After the treatment, you'll notice getting more relaxed, being less stressed, and feeling more rested. In medical parlance, you're looking at a shift from the sympathetic to the parasympathetic system."

WHY DO YOU WANT TO QUIT?

"Quite often, smoking is just a symptomatology of something else, like the inability to take control, or using the act of smoking as a way to satiate something other than a nicotine fix," notes Principe. "Sometimes people just want to relax, and their association with doing so is with smoking a cigarette."

So why did I really want to quit? My reasons

were simple: I want to be able to run faster, over a longer period of time, without feeling like my lungs are burning. I want the explosiveness to return to my step. I don't want to keep coughing up that gray stuff after particularly exhausting workouts.

It was important to affirm that the decision to put a lid on smoking was wholly mine. If an outside force had influenced this choice—say, a partner, friend, or a family member who had cajoled me into getting into hypnotized—it wouldn't work because the compulsion wasn't inherent in me.

While he engaged me in my conscious state, Dr. Toledo proceeded with the acupuncture bit. He inserted a single needle into the Bai Hui point (located at your crown) and tweaked it until I felt the Qi (in this case, a tingling sensation that was accompanied by some heat

24%

Income disparity between smoking and non-smoking guys. (Guess which group earns more.)

Sources: Science, Federal Reserve Bank of Atlanta

and a sense of numbness) radiating from the spot. The Bai Hui point is linked to restoring clarity and relieving stress—specifically, the stress that may arise from cutting smoking.

Next, using medical tape, Dr. Toledo secured a bead in each of my ears at the Shen Men point—a point that is useful in treating smoking, according to US-based National Acupuncture Detoxification Association (NADA) protocol. These are to be pressed whenever I feel a craving for a smoke.

With the beads secured, I was made to lie down on a cot, relax, and listen to Principe's instructions. I remember a countdown and some difficulty opening my eyes. I don't know if I was just sleepy or if I really was in a trance, but somehow, two mental images Principe introduced while I was in that state stuck—imagining myself on my deathbed if I had quit, and if I hadn't. There were others, but those were, and still are, the strongest ones. They're kind of morbid, now that I think about it, but I haven't blocked them out. As much as I want to smoke now, I want to stay as far away from the reality of being on my deathbed, still a smoker.

SO, DOES IT WORK?

Short answer: yes. And it's not just by sheer willpower that I'm able to follow through on this. Mindful of my physically fixated reasons for quitting, I've amped up my gym time, started biking to work, and signed up for weekly soccer and basketball games. Remember those beads on my Shen Men points? I've been pressing

them so much lately that my ears feel swollen.

The session also helped unearth unconscious drivers for my smoking, identified which ones were strongest, and adjusted these so that I could use them to my advantage (in my case, the focus on physical fitness). If you aren't one for self-reflection, this knowledge will both surprise and help because it doesn't go against how you normally operate, and uses the strongest points of your character to your benefit.

I've always believed that I could quit smoking at the drop of a hat—and I still stand by that. But going in for the acupuncture and hypnotherapy treatments, as well as learning more about addiction, compulsion, and control, gave me enough reasons to act upon what I felt deep inside to begin with.

No, they aren't magic cure-alls. Quitting the habit is still a slog, and hours crawl with me feeling that I still want to light one up. But it's easier to pass up a smoke now, knowing that what I really need isn't a cigarette. From what I've learned, what I really need is to break a good sweat. And to look cool while doing so, I guess. ■

Ready to kick the habit?

Give hypnotherapy and acupuncture a go. Contact (0917) 865-2327 and schedule an appointment at Symmetry Medical Clinic, located at 36 Xavierville Avenue, Loyola Heights, Quezon City.

It's Time to Butt Out

Three ways to break a smoking addiction before it breaks you.



The Patch

Know when to stick it to yourself. In a 10-week Duke University study, people who began using a nicotine patch two weeks before they stopped smoking were twice as likely to quit as those who put down the cigs and picked up the patch at the same time. Benjamin Toll, Ph.D., a professor of psychiatry at Yale School of Medicine, says getting your fix from another source may smoking less pleasurable.



The Gum

Want to blow bubbles, not smoke? Note the time of your first cig of the day. According to a study in *Nicotine & Tobacco Research*, if it's within a half hour of waking, your best bet is a 4-milligram dose of nicotine gum. Quit rates of smokers who used this strategy were twice that of smokers who didn't. Your a.m. start time is a better gauge of how hooked you are than your daily count, says Toll.



The Imitator

Jonathan Foulds, Ph.D., public health sciences professor at Penn State, doesn't advocate using e-cigs to quit smoking. But if you're set on trying them, he suggests going with the second- and third-gen kind; they deliver more nicotine than "cigalikes," making the transition from regular smokes easier. Then wean off e-cigs by gradually switching to liquid with lower and lower nicotine. —K.M.

YOUR BODY IN BINGE MODE

BY TRISHA BAUTISTA • ILLUSTRATION BY TAGA-ILOG

OVEREATING

**1 liter
or 4
cups**

Average amount of food
in a human's stomach at
a given time

**20
minutes**

Amount of time your brain
takes to realize it's full

4 liters

Amount of food the
stomach can hold
before triggering gag
reflexes

WHAT HAPPENS:

- It drops your energy levels. Bingeing on food means a lot of excess nutrients rushing through your system. "When you overeat, you don't just take in carbohydrates—you can take in a lot of protein and saturated fats," explains sports nutritionist Harvie De Baron. These are all things your body needs, but what if you take in too much? "You feel lethargic, you feel sleepy, you're slow, you're sluggish," De Baron continues. "Your cells are just completely flooded."
- It makes you smelly. When you eat too much fibrous food, especially dairy products, in one go, you get excess gas buildup that causes bloating, burping, flatulence, and mild to severe intestinal pains.
- It leads to further problems. A 2014 experiment on overeating in the journal *Applied Physiology, Nutrition, and Metabolism* involved feeding nine sedentary volunteers a whopping 4,000 calories a day for two weeks. At the end of it, their fat mass had increased, but even more worrying was that their insulin sensitivity had declined significantly. This may lead to diabetes, warns De Baron.

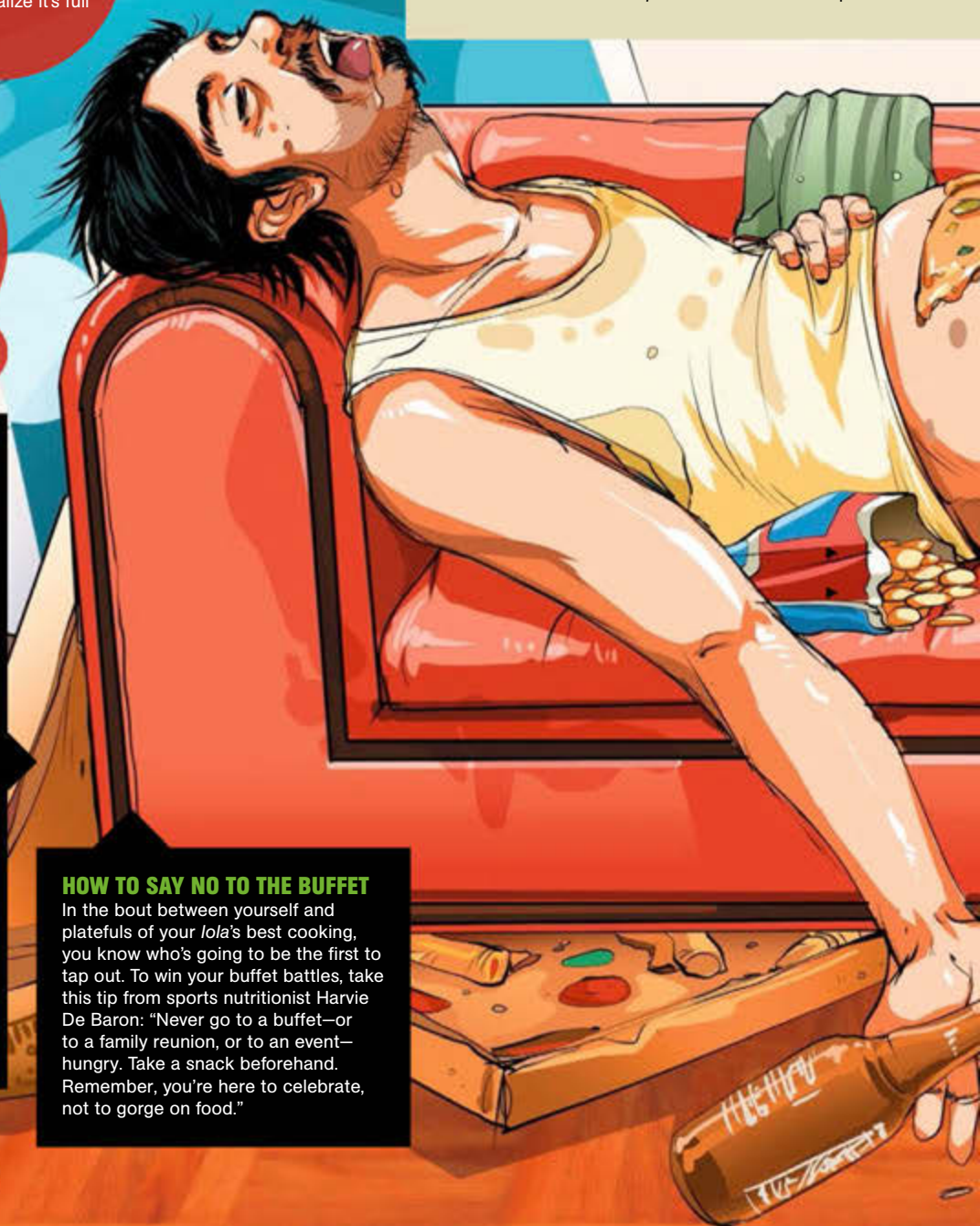
HOW TO SAY NO TO THE BUFFET

In the bout between yourself and platefuls of your *lola's* best cooking, you know who's going to be the first to tap out. To win your buffet battles, take this tip from sports nutritionist Harvie De Baron: "Never go to a buffet—or to a family reunion, or to an event—hungry. Take a snack beforehand. Remember, you're here to celebrate, not to gorge on food."

OVERSLEEPING

WHAT HAPPENS:

- It throws off your biological clock. The body's internal biological clock governs your circadian rhythms, which are regular changes in mental and physical characteristics throughout the day. Sleep too much, and your cells get the wrong signals—funnily enough, you wake up feeling fatigued and sleepier because your body has begun using your energy cycles even while you were sleeping.
- It ruins your tomorrow night. Because your body likes regular sleep scheduling, an overdose of sleep on one night can fragment your shut-eye time in the next.
- It could be dangerous for your health. "Epidemiological surveys have shown that long sleepers have a higher mortality than those who sleep for less than eight hours a day," writes John M. Shneerson, M.D., M.A., B.Ch., in the book *Sleep Medicine: A Guide to Sleep and Its Disorders*. Gulp.



HOW TO SET YOUR ALARM RIGHT

Just this March, the US National Sleep Foundation made a report on how much sleep you can indulge in. Want to sleep in? Adults aged 18 to 25 years can sleep for up to 11 hours, while those who are 26 to 64 years old should not sleep for more than 10 hours. Also, get in bed before your appointed snooze sched, because, as the report warns, time spent in bed does not equal sleep time.

7 to 9

Number of hours of sleep recommended for adults aged 18 to 64

38%

Increase in risk of developing coronary heart disease for people who sleep 9 to 11 hours every night

50%

Increase in risk of getting diabetes for people who sleep for over nine hours every night

DRINKING TOO MUCH

2

Acceptable number of drinks per day for men

Alcohol content of "one drink"

1 bottle of a popular light beer = **5%**

1 shot of distilled spirits (gin, rum, vodka, whiskey) = **40%**

1 glass of wine = **12%**

WHAT HAPPENS:

- It overloads your kidneys. Alcohol suppresses vasopressin, "a hormone that basically tells your kidneys to reabsorb water," says Aoo Felipe, M.D., an internal medicine specialist at the National Kidney and Transplant Institute. "Too much alcohol will cause too much water loss—one of the reasons a hangover feels like shit."
- It messes with your brain. There's an answer as to why drunken nights often end in regret—rash decisions, clumsiness, vehicular accidents, saying things you shouldn't have, and so on. Ethanol, the part of alcohol that makes it intoxicating, has molecules so small that they easily pass the blood-brain barrier and go into your noggin, affecting your brain functions. If you started knocking back bottles in high school, its dulling effect on your memory will endure well into adulthood, suggests a 2014 study in *The Journal of Neuroscience*.
- It screws with your stomach. The toxins in alcohol irritate the lining of the stomach, causing nausea and vomiting. If your stomach is empty, it makes it easier for alcohol to pass through and hit the abdominal walls. Because it's high in empty calories, alcohol gives bloat without the benefits.
- It overworks your liver. Because the human body can't store alcohol, the liver has to break down the booze using enzymes. It metabolizes 90 to 95 percent of the alcohol, and the remaining percentage is expelled through your urine, sweat, and breath. Your liver can only metabolize a certain amount at a time no matter how much you drink, and when it can't keep up, acetaldehyde accumulates, causing a rapid pulse, sweating, flushing, nausea, and vomiting.

HOW TO SAY NO TO "ONE FOR THE ROAD"

It happens every time you go out—a well-meaning, hard-drinking pal offers to buy you one last bottle. The next time he tempts you with one final beer, take the hard route, recommends by comedian Eri Neeman: "Say, 'Thanks, bro, but if I have one more, I'll be wasted and I wouldn't be able to drive home.'" This straight approach should cut through the crap and shut him up. If not, "then he's really not your friend. That bastard."

Sources: "Sugar and Fat Bingeing Have Notable Differences in Addictive-like Behavior," published in *The Journal of Nutrition*; Harvard School of Public Health Research Center; US Center for Disease Prevention; Mayo Clinic; "Beyond Hangovers: Understanding Alcohol's Impact on Your Health," by the National Institute on Alcohol Abuse and Alcoholism in the US; National Sleep Foundation in the US; US Nurses' Health Study; National Institute of Neurological Disorders and Stroke



Get PBA Fit

IN THE THICK OF THE PHILIPPINE BASKETBALL ASSOCIATION COMMISSIONER'S CUP, WE TALK TO FOUR OF THE LEAGUE'S FITTEST TO SCORE NO-FAIL TIPS ON HOW YOU, TOO, CAN KEEP UP WITH THE BIG BOYS



1

BY CARLO
PAMINTUAN

JARED DILLINGER

Return to Form

Photograph by CHRISTIAN HALILI



WATCH HIM RUN DOWN the paint, and it's easy to see: Jared Dillinger has always been one of the best conditioned athletes in the PBA. "I've always been in shape. That's my thing," he notes, getting ready for a workout at Focus Athletics in Makati. "I take good care of myself."

Picked second overall in the 2008 PBA Draft, Dillinger made his mark in Talk 'N Text, helping them win five titles. However, one accident almost ended his career. In 2013, Dillinger crashed his car and injured his hip. It cost him the rest of the 2013-14 PBA season, his spot with the Tropang Texters, and most painfully, a shot at representing the Philippines at the FIBA Asia Championships as a member of Gilas Pilipinas.

"It took me five months to recover from my hip injury, including two months of doing absolutely nothing," Dillinger says. "When someone tells you that you cannot do anything for two months, every athlete would understand how crazy you could get."

When he was finally given the green light to work out, Dillinger stormed into the gym like a mad man. "I was working out 8 to 10 hours a day. It was nuts," he says. "I'd wake up at 5, work out for a couple of hours, go home for lunch, go back to the gym, just stretch for two hours, then I'll do a different workout before going to the basketball-specific workout."

His trainer, Mark Caron, M.S., C.S.C.S., X.P.S., head performance coach at Focus Athletics, knew

exactly how to methodically get his student back in shape. "My first priority was to bring back the mobility to his shoulders and hips," he notes. "So I had him do basic drills because he was really lacking in mobility. Coming back from the injury, Dillinger knew he had to get into the groove right away, the right way."

The timing was especially tricky. During his injury, he was traded to the Meralco Bolts. "When I got back, Meralco was in the middle of the playoffs. I wanted to come in and show everyone that I'm okay," Dillinger says. He needed to alter his training. Despite his 6-foot-5 height, Dillinger played as Meralco's point guard, so he knew he needed to work on his hips and legs. "It's all about angles and leverage," he explains.

Because of his position, Dillinger gets plugged into multiple positions throughout the game—running the point on offense on one possession, then defending the opposing team's power forward on the very next play. His body needed to transition from one role to another without skipping a beat. "I guess I'm kind of like a Swiss Army Knife," he says. "I have to be good in a lot of things, so here at the gym I prepare for everything."

In the last move in his workout, he leaps onto a bar, palms out, then powers himself into a muscle-up. It's a titanic feat of strength and coordination, a total body move that demands that you channel every ounce of your energy upward. But Dillinger knows he's up for any challenge.

GET LEAGUE STRONG

MASTER THE MUSCLE UP

If a pull-up is elite, then a muscle-up is godly. You'll need to use every ounce of your strength, power,

and coordination to perform this like Jared Dillinger does. Mark Caron, M.S., C.S.C.S., X.P.S., head performance coach at Focus Athletics, gives you three unbeatable tips to master this move

Perfect your pull-ups.

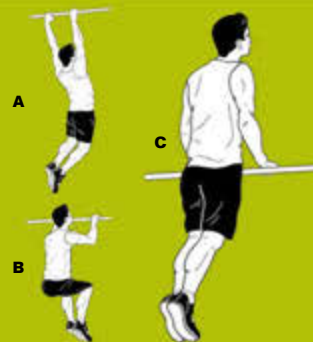
"Two pull-ups? Three pull-ups? You'll need to be able to do at least 10 pull-ups before attempting to try this."

Mobilize your shoulders.

"No matter how many pull-ups you can do, you need shoulder mobility to go up over the bar. Try doing Y-T-W shoulder sets to work on that."

Build up using these exercises.

"Try performing pull-ups and bar dips to strengthen yourself. You'll also need to build your core, so planks are also a good idea."



All illustrations by ALYSSE ASILO



2

BY OMAR
GLENN D. BELO

ALEX CABAGNOT

The Long Game

Photograph by JUN PINZON

ALEX CABAGNOT HESITATES to call himself a fitness freak. He walks inside the Athlete's Lab gym almost head down, giving courteous waves and awkward smiles, a clean-cut part cementing the good guy impression, before settling down on one corner. Hard to believe, but this meek-looking guy is one of the baddest, ballsiest men on the basketball court,

especially come winning time. Check his clips on Youtube for a sampler of the countless times he's lived up to his moniker "Clutch Time Cabagnot."

Cabagnot is not just lucky, mind you. While he primarily credits his faith for his heroics, he doesn't dismiss his body of work. "I believe 85 percent of winning a game is in how you prepare," the

San Miguel Beermen playmaker says. And the way Cabagnot primes both his mind and body every season is unparalleled. The proof is in the number of games he's played in his 10-year career.

A PBA player, if he avoids injuries, plays around 30 to 50 games a season depending on his team's run in each of the three conferences. Cabagnot, even with a rocky start to his career, has never played less than 32. Just in the past four years, he's never gone below 46 games, averaging more than 32 minutes per game. This season, he's already at game number 35.

The secret to his longevity is his training approach. "I train every day," Cabagnot reveals. "I go to Athlete's Lab depending on coach Diego Lozano's schedule. Sometimes I would come here even after strength training with my team. And when I'm not here, I train elsewhere." It gets more ridiculous once you know what he does on days off. "I believe in active rests and I put in active rests in my training schedule," shares Cabagnot, who does biking, swimming, or even CrossFit just to break a sweat.

It's daunting to think how much longer his 32-year-old body can keep this up, but Cabagnot trusts his fitness geekery. "What I do is scientific, *hindi bara-bara na* go hard every day," he says. "I also never stop seeking knowledge on how to take care of my body. I do my research and ask coaches, like coach Diego, about it. These guys always do research so we have conversations on what I learned. I take advantage of their knowledge and apply it to taking care of my body. That's what working efficiently is."

The Eagle Rock, California native is far from done, of course. He sees no end to his active ways, either, as he has triathlon in his sights soon. "I think you have to be active all your life. It should be a lifestyle, I don't think I'm doing what I do just for basketball. I'm doing this to have a healthy life," Cabagnot asserts. You can forget about the fitness freak or geek tag—this man's a fitness lifer.

GET LEAGUE STRONG

THE ANTI-ECCENTRIC SUPERSET

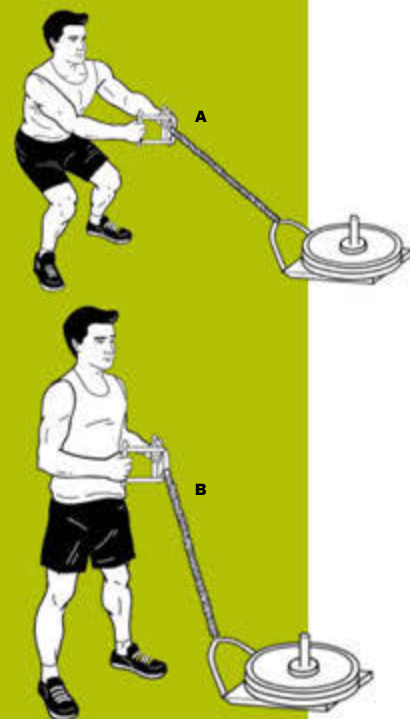
To keep his man injury-free in the thick of the season, trainer Diego Lozano of Athlete's Lab incorporates eccentric-less movements. "You don't get sore from them, so you can really increase the volume, and it pushes a lot of blood into the muscles" he explains. At your gym, perform these moves as a back-to-back superset around the gym floor.

Farmer's Carry:

Hold two heavy dumbbells in each hand. Keeping your back straight and core engaged, walk slowly to the other end of the gym.

Sled Row:

Load a sled with weight, and stand around two steps in front of it, holding the handles, with your back to where you want to go. Bend your knees slightly. Keeping your back straight, pull the sled towards you by retracting your shoulder blades and stand up. Back up two steps and repeat until you reach the opposite wall.



3

BY OMAR
GLENN D. BELO

MARK BARROCA

Beast Mode

Photograph by CHRISTIAN HALILI

THERE IS NOTHING QUITE like Mark Barroca in beast mode. Many have seen the ways he's terrorized opponents on the court, both on offense and defense. But we're in rarefied air on this lazy Tuesday morning inside the USPC gym in Pasig, witnesses to Barroca sneaking a workout before his team

practice—and he's killing it.

After a 20-minute foam rolling warmup, Barroca listens intently as coach Nico D'Haenen rattles out order. After his warm-up and stretches, he starts with a medicine ball complex that's both difficult to describe or perform, then proceeds with double kettlebell swings, cleans, rope

slams, and other exercises in rapid succession with brief rests. All in a day's work for a top athlete, you say. But the exceptional thing here is Barroca's demeanor. You hear no grunts or growls. He never bends down to rest his hands on his knees, the classic non-verbal sign of fatigue. The man's a machine who churns out reps in perfect form, his core steady as steel even in single leg moves. Hard, gruelling work never looked so easy.

Barroca says it's a product of diligence. Since 2011, he's trained under D'Haenen 3 to 5 times a week, initially thinking that it will help him get stronger against bigger competition. The Zamboanga-born athlete, who started out in track and field, saw big gains in his game's greatest strength. "*Ang key talaga ng career ko ay ang bilis ko*," he shares. "*Nakita ko sa training kay coach ang improvement ng galaw ko, yung reaction ko sa court bumibilis, yung katawan ko biglang sumusunod na lang sa gusto kong gawin.*"

Turning 29 this month, Barroca is still attacking his prime years with a hunger that's out of character for someone instrumental in achieving the rare PBA Grand Slam. "*Hindi ko attitude na maging kampante kaya patuloy ako sa ganitong extra work*," he explains. "*Pag hindi ka nag-extra, talo ka e. Marami na rin nag-e-extra training. Tatalunin ka kasi [ng iba].*"

His body is feeling the training mileage, he shares, pointing to his sore hamstring. But he walks it off, taking a few minutes to freshen up and change into his practice jersey, ready for another kind of training. And he's all smiles. "*Mahirap siyempre, nakakapagod, pero kung ang hanap mong training ay yung relax lang, sa bahay ka na lang*," Barroca blurts out. "*Ako kasi, pagpasok ko sa gym, gusto ko patayin ako sa training. Yung ganung training, magagamit mo e. Lalabas yung extra work mo kung kailan talaga kailangan.*" In other words, he kills himself in the gym to slay giants on the court.

GET LEAGUE STRONG

MEDICINE BALLS ARE YOUR BEST MEDICINE

Quick passes and precision jump shots require strong rotational power. It's all part of trainer Nico D'Haenen's philosophy of incorporating total body control instead of just pure linear strength. Incorporate these medicine ball moves (straight from Barroca's workout) to power up.

1. MEDICINE BALL THROW TO ROMANIAN DEADLIFT

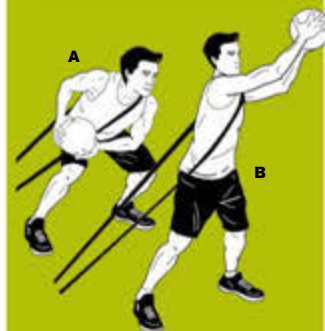
Hold a medicine ball in front of you, then throw it to a wall as hard as you can while simultaneously lifting one leg up. You should end up in a Romanian deadlift position—one leg up, with your leg, back, and shoulders forming one straight line. Do five reps, then repeat for the other leg.

2. SINGLE LEG MEDICINE BALL WALL SLAMS

Stand with one side of your body near a wall, holding a medicine ball in front of you. Raise the knee nearest to the wall, then twist your body to slam the medicine ball against the wall. Do five reps, then repeat for the other knee.

3. RESISTANCE-BAND MEDICINE BALL CHOPPERS

In a half-squat position, have your trainer hold a resistance band against your left shoulder, anchoring you to the floor. Hold a medicine ball on your right side, then quickly swing the ball up to a spot above and to the left of you. Do five reps, then transfer the band to your right shoulder and swing above and to your right.



4

BY CEEJ
TANTENGO

TERRENCE ROMEO

Lighter, Faster, Better

Photograph by JUN PINZON



TERRENCE ROMEO IS

ENJOYING the best conference of his young career this season, scoring 21.4 points per game, currently one of the league's best. At this year's PBA All Stars, he was named the game's MVP and was crowned 3-point king. More importantly, Romeo, an offensive gunner since his FEU Tamaraw days, has been instrumental in propelling his team, the GlobalPort Batang Pier, into the playoffs.

Romeo, as per standard, stays humble. "*Hindi ako makapaniwala kasi noong una, dream ko lang ang maging PBA player,*" he says. "*Pero proud ako kasi nagbunga yung hard work at sacrifice ko.*"

Perhaps the most visible sign of Romeo's sacrifices is the 25 pounds he lost coming into his sophomore year. Way back in high school, he'd load his plate with three or four cups of rice. He kept the same habit throughout college. In 2013, he was the fifth-overall pick in the PBA draft. However, his weight caused problems during his rookie campaign, when his knees began to ache under stress.

Despite this, it took months to convince the 5'11 Romeo to lose weight. "He had this misconception that you need to be heavy *para hindi ka madaling banggain,*" shares Julio Veloso, C.S.C.S, M.Ex.Sp.Sc, GlobalPort's strength and conditioning coach. "I had to convince him he'd be lighter but stronger."

Veloso stresses that weight loss isn't just about numbers on a scale. It's about building muscle as you eliminate body fat; having functional strength over brute mass. "Losing weight isn't the only measure of health," he stresses.

Romeo chalks his significant weight loss to a healthier diet. During the off-season, he cut down his portions and traded the three cups of rice for a single *kamote*. For dinner, he'd switch the *kamote* with egg whites. Now, Romeo's faster than ever and, with the pain in his knee relieved, more productive on the court. His minutes have stayed the same but Romeo's scoring nine more points than his average output last season. He's also scoring more efficiently, attempting four more field goals per outing and converting 41.2 percent of them, improving on last year's 33.9 percent mark.

"*Apektado diskarte mo kung maglalaro ka nang pagod,*" the guard explains. "*[Kapag fit ka], same lang resistensiya at lakas [sa buong game]. Mas nakakapag-isip kang mabuti para magawa mo nang tama ang galaw mo.*"

What he's lost in weight, he wants to make up for in on-court skills. "*Gusto ko rin matutong madala 'yung team hindi lang sa scoring—[kundi pati] sa assists, rebounds, pagiging vocal,*" Romeo adds. "*Hindi naman one click makukuha ko 'yun [agad]. Kailangan ng time. Kailangan ko maging willing matuto.*" ■

GET LEAGUE STRONG

THE FAT-BURNING WORKOUT

To help you lose as much poundage as Terrence Romeo did, GlobalPort Batang Pier strength and conditioning coach Julio Veloso, C.S.C.S, M.Ex.Sp.Sc recommends this gut-busting circuit.

Instructions: Do each exercise for 30 seconds, resting for 15 seconds before moving onto the next one. Once complete, rest for 90 seconds, then do three more rounds.

Dumbbell Thrusters

Hold a dumbbell in each hand and place over your shoulders. Go into a squat, keeping your chest up. Then, in one explosive move, press the dumbbells straight up and return to your original position. (see illustration)

Sled Push

Load a challenging weight onto a sled, and push it forward for a total

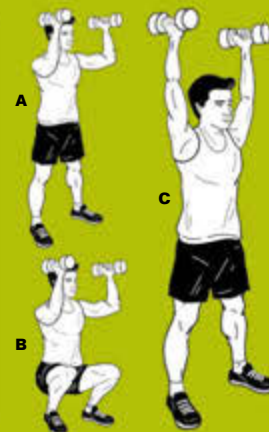
of 40 yards or until your 30 seconds are up.

Dumbbell Lateral Raises

Hold a pair of dumbbells in each hand, resting them at your sides. Keeping your elbows straight, raise the dumbbells to your sides until elbows are at equal height with your shoulders. Lower and repeat.

Burpees

From a standing position, drop your hands to the floor and kick your legs back until you're at a push-up position. Bring your knees forward, and stand up quickly into a jump. Repeat.



A S T E P A H E A D

You can tell a lot about a man by his shoes, so invest in stylish and quality footwear that will make you stand out

AMADOR R. MADAMBA

LOUIE AGUINALDO



B R O G U E S H O E S

Shoes with perforations on their uppers are called brogues and most have a wing-tip toe cap style. Brogues look best in shades of brown and worn with navy or gray suits. Casual brogues can be used with jeans and even with dress shorts.

Tip:
After wearing leather shoes, insert a cedar shoe tree to maintain the shape of the shoe and absorb moisture.

1 Godric brown wing-tip shoe, P1,299.75, **Milanos** at **The SM Store, SM Mall of Asia, SM Makati, SM Megamall, and SM City North EDSA.**

2 Mark Nason Whitby rust leather wing-tip shoe, P4,750, **Skechers, Glorietta 2, Market! Market!, and TriNoma.**

3 Alfred dark brown wing-tip shoe, P5,995, **Aldo, Greenbelt 5, Power Plant Mall, and Bonifacio High Street.**

4 Shore waxy brown leather wing-tip shoe, P5,999, **Base London** at **The SM Store, SM Mall of Asia, SM Makati, SM Megamall, and SM City North EDSA.**

B L A C K L A C E - U P S H O E S

Black shoes look sophisticated and smart. Wear classic leather oxfords with formal and business wear, and black leather shoes with rubber soles for comfort in less formal occasions.



Tip:
Clean, condition, and polish leather shoes regularly to keep them looking new and shiny for years.

Tip:
Apply a cream polish, allow to dry for 5 to 10 minutes, and then buff with a horsehair brush and a soft, lint-free cloth for shine.

1 Alson black leather lace-up shoe, P5,995, **Aldo**, **Greenbelt 5**, **Power Plant Mall**, and **Bonifacio High Street**.

2 Sherbrooke 13 black canvas lace-up shoe, P5,995, **Lacoste Footwear**, **Glorietta 3**, **SM Megamall**, and **TriNoma**.

3 Black leather lace-up shoe, P4,195, **Pedro**, **Greenbelt 5**, **SM Mall of Asia**, and **TriNoma**.

4 Gino black leather cap-toe oxford shoe, P1,499.75, **Salvatore Mann** at **The SM Store**, **SM Mall of Asia**, **SM Makati**, **SM Megamall**, and **SM City North EDSA**.

5 Fisher black croc embossed leather lace-up shoe, P4,499, **Frank** at **Traffic**, **Power Plant Mall**, **SM Mall of Asia**, and **TriNoma**.

BOAT SHOES

Boat shoes have a distinct design and construction that give them a classic, preppy, and casual vibe. They're kept updated by varying the styles, and using different materials and color combinations.



Tip:
To prevent foot odor, apply foot spray to keep your feet dry and fresh.

Tip:
Go sockless or use no-show socks with silicon strips inside the heel for grip and to prevent them from slipping off your feet.

1 Chiaramonte navy canvas and leather boat shoe, P3,795, Aldo, Greenbelt 5, Power Plant Mall, and Bonifacio High Street.

2 Juarez navy suede and caramel leather boat shoe, P6,725, Geox, Bonifacio High Street, Shangri-La Plaza, and Glorietta 3.

3 Mooney navy and red suede, and white leather boat shoe, P3,799, Kartel at Traffic, Power Plant Mall, SM Mall of Asia, and TriNoma.

4 Spinnaker dark brown leather and suede boat shoe, P5,500, Sebago at The SM Store, SM Mall of Asia, SM Makati, SM Megamall, and SM City North EDSA.

5 A/O 2-eye laser perforated navy leather, P5,795, Sperry Top-Sider, Glorietta 3, Bonifacio High Street, UP Town Center, and SM City North EDSA.

6 Sumac 8 dark blue and yellow canvas boat shoe, P3,995, Lacoste Footwear, Glorietta 3, SM Megamall, and TriNoma.

B O O T S

Boots are traditionally rugged, durable, and can protect your feet in rough terrain. More refined styles can also be worn with jeans, chinos, and even suits.



Tip:
To prevent shoe odor, avoid wearing the same shoes every day to allow them to dry out properly, and spray them with a shoe deodorizer.

1 Ekrdfdr SF black Waterbuck waterproof boots, P8,999, **Timberland** at **The SM Store, SM Mall of Asia, SM Makati**, and **SM City North EDSA**.

2 Camel suede mid-cut chelsea boot, P4,595, **Pedro, Greenbelt 5, SM Mall of Asia**, and **TriNoma**.

3 Hide black leather AirWair cushion sole combat boots, P8,995, **Dr. Martens** at **Traffic, Power Plant Mall, SM Mall of Asia**, and **TriNoma**.

4 Pallabrouse Baggy dark khaki/putty canvas boot, P4,500, **Palladium** at **Traffic, Power Plant Mall, SM Mall of Asia**, and **TriNoma**.

5 Apollo Chukka black microfiber boot with EVA midsole, P3,990, **Native, TriNoma** and **Robinsons Place Manila**, and **Res[Toe]Run, Glorietta 4**, and **Shangri-La Plaza**.

6 Pycelle dark brown canvas and leather chukka boot, P4,290, **Kickers, SM Megamall, Res[Toe]Run, Glorietta 4** and **Shangri-La Plaza**, and **The SM Store, SM Mall of Asia, SM Makati**, and **SM Megamall**.

DRESSY SLIP-ON SHOES

Loafers and moccasins are usually made of leather and suede, and are the perfect summer footwear. Wear them for a night out or a casual afternoon.



Tip:

Loafers are always supposed to have a heel and don't have laces, while moccasins have a prominent sole and

laces. Driving shoes are a type of moccasin with small, round, or large flat rubber pads on the sole that provide comfort and flexibility.

1 A/O Hamilton Driver Ven Webbing dark brown moccasin, P5,995, **Sperry Top-Sider**, **Glorietta 3**, **Bonifacio High Street**, **UP Town Center**, and **SM City North EDSA**.

2 Black with red braided lace anti-bacterial, breathable, and quick dry mesh loafer, P5,990, **Swims** at **Res|Toe|Run**, **Glorietta 4**, **Shangri-La Plaza**, **TriNoma**, and **Alabang Town Center**.

3 Hopper blue perforated leather loafer, P3,799, **Kartel** at **Traffic**, **Power Plant Mall**, **SM Mall of Asia**, and **TriNoma**.

4 Levon Khullar tan leather moccasin, P4,500, **Hush Puppies** at **The SM Store**, **SM Mall of Asia**, **SM Makati**, **SM Megamall**, and **SM City North EDSA**.

5 Light gray suede moccasin, P3,795, **Pedro**, **Greenbelt 5**, **SM Mall of Asia**, and **TriNoma**.

6 Concoors Tassle 7 navy suede loafer, P6,995 **Lacoste Footwear**, **Glorietta 3**, **SM Megamall**, and **TriNoma**.

CASUAL SLIP-ON SHOES

When it comes to ease of use, practicality, and comfort, casual slip-ons have it all. With so many laidback styles, you're sure to find one, or more, that's right for you.



Tip:
Wear slip-ons when you travel so going through airport security checks is easier and faster.

1 Champion Chillax teal washed twill canvas slip-on, P2,795, Keds, Glorietta 3, Robinsons Magnolia, and UP Town Center.

2 Apollo Moc pigeon gray microfiber slip-on with EVA midsole, P3,790, Native, TriNoma and Robinsons Place Manila, and Res|Toe|Run, Glorietta 4 and Shangri-La Plaza.

3 Glazed ginger suede slip-on 59, P2,998, Vans at The SM Store, SM Mall of Asia, SM Makati, SM Megamall, and SM City North EDSA.

4 Sabado sand perforated suede slip-on, P3,995, Toms, SM Mega Fashion Hall and SM Mall of Asia, and Nothing But H2O, Glorietta 3 and TriNoma.

5 Copacabana gray wash canvas slip-on, P5,175, Geox, Bonifacio High Street, Shangri-La Plaza, and Glorietta 3.

6 Capo black perforated leather and blue suede slip-on, P4,495, Creative Recreation, Eastwood Mall, Shangri-La Plaza, and Alabang Town Center.

SNEAKERS

▶ Classic sneakers are the most versatile footwear and can be worn with anything. Leather and suede sneakers are more refined and dressy, while canvas and mesh are more casual.

DRESSY



Tip: Use Mr. Clean Magic Eraser Original to remove dirt and scuff marks from white leather sneakers and

white rubber soles, P220 at True Value, Glorietta 1, Shangri-La Plaza, and TriNoma.

1 Chaymon CR2 white and dark blue leather sneaker, P4,995, **Lacoste Footwear, Glorietta 3, SM Megamall, and TriNoma.**

2 Forlano black leather sneaker, P4,995, **Creative Recreation, Eastwood Mall, Shangri-La Plaza, and Alabang Town Center.**

3 Red suede and navy leather sneaker, P3,795, **Pedro, Greenbelt 5, SM Mall of Asia, and TriNoma.**

4 Loreto camel and pastel blue suede sneakers, P6,990, **Piola at Rustan's Makati and General Store, Bonifacio High Street Central.**

5 The Classic white leather sneaker, P3,795, **K-Swiss, Glorietta 4 and Alabang Town Center, and Planet Sports, Bonifacio High Street, and TriNoma.**

6 Cesario Lo XVI black, gray, and red leather sneaker, P3,995, **Creative Recreation, Eastwood Mall, Shangri-La Plaza, and Alabang Town Center.**

Fit Check:

1. To get your correct shoe size, buy shoes in the afternoon when your feet have already expanded to their full size.

2. Different brands and styles of shoes have different fits, so it's best to try on several sizes.

3. For proper fit, the shoe shouldn't feel too tight or too loose. They should feel comfortable the moment you wear them and walk around the store.



1 Chuck Taylor All Star Back Zip Hi cut black canvas sneaker, P3,750, **Converse** at **The SM Store, SM Mall of Asia, SM Makati, SM Megamall, and SM City North EDSA.**

2 Champion Vintage Baseball natural linen canvas sneaker with baseball inspired stitching, P2,795, **Keds, Glorietta 3, Robinsons Magnolia, and UP Town Center.**

3 ATOP gray and blue canvas and suede sneaker, P3,590, **Pony** at **The SM Store, SM Mall of Asia, SM Makati, SM Megamall, and SM City North EDSA.**

4 Nylite blue chambray sneaker, P3,990, **Tretorn, Robinsons Galleria, SM City North EDSA, and selected Res|Toe|Run** and **The SM Store.**

5 Stanley blue breathable mesh sneaker, P3,990, **People Footwear** at **Res|Toe|Run, TriNoma, Glorietta 4, Alabang Town Center, and Robinsons Galleria.**

6 Luca navy and green anti-bacterial, breathable, and quick dry mesh sneaker, P5,990, **Swims** at **SneakPeek, Shangri-La Plaza, Eastwood, Ronac Art Center, and Bluebay Walk.**



WATCH AND BURN

Good news, sports fans: Just watching sports can improve your health. Researchers at the University of Western Sydney have found that watching sports can increase your heart rate and the traffic of nerve pulses throughout the body. Additionally, a study from the University of Utah found that watching sports live or on TV can boost testosterone, which can yield better sexual function and increased energy. When it comes to getting your heart racing, it would be hard to top a live UFC event. This May 16, you can catch exactly that as *UFC Fight Night* comes to Manila with a talent-filled card featuring former champs Frankie Edgar and Urijah Faber and Filipino favorites like Mark Muñoz and Mark Eddiva. Tickets for the event are on sale now. Buy your tickets at www.smtickets.com.

MH

RADAR

Events & Promotions

Check out facebook.com/menshealthphilippines for our promotion updates.

BE KIND, UNWIND

Whoever coined *#NoDaysOff* must be stressing by now. Taking vacations and getting away from the daily grind is one proven way to avoid stress and other health problems. In fact, researchers from the University of Pittsburgh's Mind-Body Center found that multiple leisure activities yielded lower blood pressure, lower stress hormones, and smaller waists amongst its survey participants. If you can't afford an out of town vacation to unwind, then book a staycation at Crimson Hotel Filinvest City instead. Right now, they're offering a very special incentive for all guest who book on their website from now until December 31, 2015. Just enter "BEST" in the promo code section on their website to get the lowest possible rates for the ultimate luxury. Book your 5-star staycation now at www.crimsonhotel.com.



GO LONGER

When running long distances, there's one thing you can certainly do without: uncomfortable shoes. If you're running in kicks that don't fit you right, then you risk inefficiency and worse, injury. Injuries are so common that according to the Australian Sports Commission, up to 70 percent of recreational and competitive runners sustain overuse injuries during any 12-month period. You can prevent unwanted injuries with a shoe that's designed by the best, like the Nike Flyknit Lunar 3. This shoe features an evolved Flyknit upper with a tighter knit structure in the heel for support and a more open knit in the forefoot for increased breathability. Its contoured, locked-down fit offers an integrated tongue that stays in place and a plush collar for comfort. Plus, with a reformulated Lunarlon mid-sole and solid rubber outsole, you get a soft and responsive ride. For more on these shoes, visit news.nike.com and follow @Nike on Twitter and Instagram.

GET SOME SPEED

If you've got a need for speed but you cringe at the thought of potentially crashing on to asphalt, then you might want to hop on a jet ski, instead. That way, you'll get to enjoy an adrenaline rush where the wipe out results in a swim. One place you can try this out is at Networx Jetsports at the Subic Bay Freeport Zone. This summer, get your adrenaline fix through activities that you can enjoy with friends, such as driving jet skis, paddling kayaks, parasailing, or riding the banana boat. These provide just the right amount of fun for the risk taker in you. Men have a penchant for risks and are more likely to take risks to impress women, according to a study in the *Journal of Risk Research*. If this sounds like you, then why not impress your lady by ripping up the waves at Networx Jetsports? For more info, visit www.networxjetsports.com.



WIN FROM WITHIN

Training smart would entail putting in your work efficiently and getting ample rest; it also involves proper nutrition. According to BioBalance Chief Science Officer Ted Achacoso, M.D., the body performs and recovers better when it can optimize the nutrients it receives. With that in mind, the BioBalance Institute in Mandaluyong hopes to help athletes get physically and nutritionally balanced through various tests that evaluate an athlete's unique bio thumbprint. Through such tests, an athlete will be provided a unique and customized nutritional pack for optimized nutrition. For more info, email info@biobalanceinstitute.com or log on to www.biobalanceinstitute.com.

YOUR EDGE—IN EVERYTHING!
EDITED BY ENRICO MIGUEL T. SUBIDO

Advantage

THINK INK

What does it really mean for Pinoy men to go under the needle and get a tattoo? The answers lie in a thousand-year-old hand-tattooing tradition...and how we've both connected with and changed the meaning of getting inked

BY AYA TANTIANGCO • PHOTOGRAPHS BY GELOY CONCEPCION AND JAKE VERZOSA

Man, remember when tattoos were cool? Like...well, actually, today. Right now. The only difference is chicks are getting more tattoos than you. No, wait, that doesn't seem right. Isn't the most famous Pinay tattoo artist an adorable 94-year-old lady from Kalinga? Why did we ever think getting inked was macho?

In the beginning—which is to say in the '80s and '90s—the world was a different place. Referencing the *Sigue Sigue Sputnik* gang was customary when you saw a tattooed man anywhere. And it was usually a man. Getting inked meant being seen as a criminal, a gang member, a druggie, or, in extreme cases, a "*lider ng kulto*." It meant you would rather be tagged with those labels than live another day following conventions.

The designs usually involved skulls (with a knife...or a snake...or both!), dragons, and the Sacred Heart (no one is more macho than Jesus)—symbols of rebellion, aggression, and devotion. And then...well, *A Walk to Remember* happened. Mandy Moore got a (temporary) butterfly tattoo. This was followed by dreamcatchers and infinity symbols (with love incorporated) and birds in flight and Hello Kitty and so many feathers, man. Cue groans, moans, and proto-hipster statements from the inked crowd.

It's this history we're more or less recalling, but is it really a surprise if we tell you that we're all a bit misinformed?



DEMYSTIFYING THE MYSTICAL

To get marked through the ancient art of tattooing (as we believe it to be), one must possess the qualities of a great warrior. While tattoo artist Dyuntats Depasupil was doing his research on the subject, he imagined elaborate rituals involving sacrificing a pig to prove pureness of heart. Afterward, people would do a traditional dance around a huge bonfire, and a deity would descend from the clouds, and ye shall receive the mark of a man.

It's no secret that much of that past has been altered, abridged, and lost. This has prompted many pilgrims to contribute to the apotheosis of Whang-ud, the so-called "last Kalinga tattoo artist," and her craft, fastening themselves to a "dying" culture of hand-tapped tattoos. Locals and foreigners alike make the trek up the mountains to connect to "our rich heritage" as Filipinos...but the mysticism is often merely supplied.

In 2011, Depasupil journeyed north after years of research to finally get a traditional *Butbut* artifact on his skin. Often, we hear of the scenery, and of how bearing the pain gives the process even more meaning. Rarely do we hear a neutral take on the process.

Instead of a spiritual guide, a tourist guide awaits travelers at Whang-ud's house. You don't have to tell her your achievements so that she may bestow upon you the perfect symbol for your best trait—you pick from a catalog. No deities, no sacrificial swine, no dancing. Not that you could get down on rhythmic drumbeats before or after the session, anyway.

After you get your tattoo, you're going to be too sore to move. Prior to getting tattooed, you have the front-row seat to watch ancient tattooing—in all its glory, or lack thereof.

If there's more than one of you getting tattooed, Whang-ud has no qualms about using the same thorn on you and even on the next person. There are no sprits of disinfectant to make sure your open wound is safe. Her ink isn't DFA-approved. She'll use the same rag for everything—her face, the equipment. In her tattoo "parlor," you don't just get pain. You get the possibility of infection, too.



GETTING UNDER YOUR SKIN YET?

Picture *Game of Thrones*' Khal Drogo. Muscles. Tattoos. Epitome of manliness. Died of an infection. If he was a bit more hygienic and had access to any form of medication, he would have had more beach romps. Fortunately for all of us, we're living in better days. Things have changed.

AN EVOLVING MARK

We have to admit it is a bit bizarre that what was earned then by protecting your village is now on Rhian Ramos...but that's only if you ignore the fact that people have been using tattoos for aesthetic purposes for a very long time.

Tattooing in the Philippine dates back to the pre-Hispanic era, and there's more to it than simply being marked as a tribal champion.



THE LAST OF HER KIND

Meeting Whang-ud, the last tattoo artist of Kalinga

By Jake Verzosa
As told to Lio Mangubat

I grew up in Tuguegarao, so even before, I would see the tattooed Kalinga tribesmen and be curious about their story. In 2010, I got funding from a program of the French Embassy to go up to the village of Buscalan and take portraits.

Among the younger generation of Buscalan, the perception of beauty has changed. Before, for women, tattoos were a symbol of wealth and beauty. For example, to get a full-sleeve tattoo, you exchanged one *kalabaw* or one pig. For men, they got their tattoos as a mark of honor—especially with the chest markings,

the *bikking*, which is reserved for the warriors and headhunters. One *bikking* equals one head. The more *bikking*, or the more tattoos you have, the more respected you are. For some of the younger men, they no longer have tattoos done, because it's like they're disrespecting their ancestors since they aren't able to kill anyone to prove their worth.

By 2010, most of the old tattooed warriors who'd fought and killed Japanese soldiers in World War II with just axes and shields had already passed away. So, I took portraits of the women who were left behind.

The most striking one I took was a portrait of Whang-ud. She is featured on the cover of my book that collects my portraits from Buscalan. She is the last tattoo artist of her kind, and it's just right that her portrait is the best in the entire collection. She is training her niece to continue the tradition, because right now, tattooing has also become a business for them. For the local Kalinga women, tattoos mean something else entirely now.

I was able to have a few exhibitions of my Kalinga photos, both here and abroad, before finally collecting everything into a book. I guess the

According to one of the myths collected by Analyn V. Salvador-Amores in *Tapping Ink, Tattooing Identities*, the practice began between a lizard and a crow. There's also a sung narrative about a snake transfiguring into a handsome tattooed warrior, but here's the simplest explanation:

"In Tulgao, another village in Tinglayan, tattooing supposedly began as a result of an accident. A man was accidentally hit on his arm with a burning charcoal while cooking a dish on a claypot. The wound left a scar with a black mark that looked like a design. This gave the idea that people can use the black charcoal rubbed on the skin after it is pierced or scarred."— Chapter One: Tattoo Narratives, p. 65



An entire art form could have been born from this humble happenstance. Replicating the process allowed people to mark each other and to make brotherhoods in tribes visible. From random smears, patterns emerged and became badges of honor.

Salvador-Amores's book further explores the many "functions" of tattoo, which we also briefly discuss with anthropologist Felipe Jocano Jr., of the University of the Philippines Diliman. "For men, the history of his relation to his community has to do with his achievements as a warrior," says Jocano. "Each enemy killed in battle was memorialized on the skin. The more tattoos, the more respect as a warrior. For the women, the tattoos were supposed to be a mark of their membership in the social class."

So, in a manner of speaking, tattoos were "classy"—as in you're part of the upper class. The stories in *Tapping Ink, Tattooing Identities* reveal that there were men who'd fought for their village, but couldn't afford to have the victory embedded on their skin. Aside from bravery, tattoos were also a mark of affluence and belonging.

Today, tattoos still mean brotherhood, from social deviants to fraternities and beyond. They're still a mark, too, but perhaps of a larger tribe. Its members? Individuals who see skin as canvas.

BLEEDING FOR MEANING

The meaning of tattoos isn't permanent and undeviating. We tend to look at the past with fondness, and forget that progress isn't always evil. We also fail to appreciate that we not only retain but also refine fragments of it.

Salvador-Amores makes an interesting distinction in her book between tattoo practitioners and tattoo artists. Whang-ud, legendary though she may be, is a practitioner. The words "art" and "artist" aren't organic to language in the region, and Salvador-Amores notes that the act of hand-tapping is categorized under "social practice." It was rooted more in function than in self-expression, as we know tattooing today.

Although both traditional (*batok*) and modern



ART ON THE WALLS...
AND ON YOUR BODY

purpose of my project was to document this dying tradition, and to change, in some way, the Kalinga's own perception of their culture. To them, tattooing is no longer honored. Before doing this project, I didn't like tattoos, either. But while I was up there, learning about their culture and history, I asked Whang-ud if she could give me tattoos of my own.

Jake Verzosa is one of the country's leading photographers. His photo series on the Whang-ud and the townsfolk of Buscalan is collected in a book, *The Last Tattooed Women of Kalinga*.



INK WATCH

Dermatologist Windie Hayano, M.D., of Skin Inc. Dermatology and Laser Center answers all the questions that you aren't asking before going under the needle

Will I get infected?

"The whole process of doing a tattoo involves wounding the skin with a needle, so you can imagine [what will happen] if they don't practice proper aseptic technique (reusing needles, or not sterilizing their work area). It is very easy to cause infection, and that may have disastrous consequences—I'm talking about HIV, hepatitis, mycobacterial infections, and tetanus."

What are the other risks?

"You don't know if you will be the type to mount an allergic response to the pigment. The ink may cause your skin to acutely itch, blister, and, worse, form long-term granulomas. This type of delayed hypersensitivity reaction can happen years after you first get the tattoos. Also, some of the pigments contain metals. These may react with an MRI (magnetic resonance imaging) machine in case you ever need to undergo this medical procedure. The powerful magnets of the MRI machine may literally rip the metal from your skin."

What questions should I always ask my tattoo artist (aside from, you know, the design)?

"Do they disinfect? Are they wearing gloves and masks? Are the inks in a sterile container? Are the needles new and clean? You can see telltale signs from the establishment if they are conscientious or not."

Is it hard to get a tattoo out if I decide in the future that inking my girlfriend's name across my left buttock was, in hindsight, a very bad idea?

"At Skin Inc, we use laser that can remove tattoos safely and effectively. But even with this powerful laser, there are still limitations. It is quite easy to remove black, green, and even red tattoos. It can even remove purple ones, but flesh-colored or white tattoos are very hard to remove. It usually takes a series of monthly sessions."



THE COMPLEX HISTORY OF INK FINALLY COMES TO LIGHT

tattooing create an identity, *batok* relies more on an external context. The markings on a person's body document his history in relation to the tribe, and, later on, are interpreted by outsiders—often pejoratively, thanks to hegemony and colonialism.

With tattooing moving away from the warrior-culture stereotype that has dominated its history, "it's pretty convenient for many to forget that modern societies were also built on the blood of thousands of people," Jocano comments. "Modern societies look down on these practices, deeming them barbaric, because people aren't supposed to glorify killing in that way."

Like it or not, that schlocky butterfly tattoo is actually a way to reclaim the process and liberate it from this morbid attachment. Current tattoos function more as a diary, chronicling a more personal history like the birth of a child or the death of a loved one.

Considering all this, perhaps tattooing has become less cool. It is no longer a way to brag about how many people you've killed or how much pain you can take. Even its merit as a way to impress other people has decreased. As an artist, Depasupil has learned that even the ugliest drawing can be beautiful if you know the meaning behind it. Case in point: That guy who went viral for having his kids' drawings done on



his body. That shit is manly.

In a way, those cheesy feathers and butterflies carry more weight, because the bearer chooses them. Meaning is created, not imposed. Didn't the great philosophers say that power comes from that sort of freedom?

We'll let you in on a secret, one that answers the number one question people ask about a tattoo: "What does it mean?" We quote Depasupil and all the inked people in the Philippines: "*Paki mo?*" ■

Abs-olutely Delicious

For us, there's no other tuna.



**INTIMATE
DISCLOSURES**

Focus on making
those conversations
about you positive

GIRL TALK GONE BAD

**This is the sh*t she tells all her girlfriends
about you behind your back. Lots of stuff to
work with here, gents**

BY ANA P. SANTOS

She's going out with her girlfriends today and, once again, you feel a familiar uneasiness. Like a good boyfriend, you keep mum and simply say, "Honey, have fun." What you really want to ask is: "Do you talk about me with your girlfriends?"

It's natural for guys to wonder. "Men care a great deal about their image to others," says sex therapist and clinical psychologist Margarita Holmes, Ph.D. But this time-honored ritual among women shouldn't shock you. Men get together over beer and *pulutan* to discuss sports. Women get together over brunch to discuss the men in their lives.

"Women have more influence over men than they think," reveals Jay Carter, Ph.D., a psychologist and author of *Nasty Women*.

He adds that there might be some mommy issues at play. "A girl might choose to grow up to become like her mother in certain ways, [while] a boy tries to be becoming to his mother—to make her proud."

What do girls talk about in their huddled whispers that are punctuated by sinister cackles and loud guffaws? It can't all be shopping and facials. Here, the ladies let us in on what they really feast on when they go for "brunch with the girls."

GIRL-TALK TOPIC: YOUR CAREER

Your career is important to your girlfriend not just because she wants you to succeed. When she's evaluating your career, she's thinking about your potential.

"I can't stand how he gets up

in the morning to go to work, goes home in the evening, and then just watches TV," rants Tala, 25, a project consultant and grad student. "I get that it's just a job to him, but on the other hand, how can it be just a job? How can you do something you're not passionate about?"

Gina, 30, a project manager for a non-profit group, shares something similar about her husband. "He's very balanced," she comments. "I'm probably the workaholic between us, but I wish he could pick up a project that really interests him."

Nancy, 26, a BPO officer, has been a girlfriend to a med student for eight years now. While she doesn't mind having to linger before he puts a ring on her finger, she does joke about how she has achieved more than him, financially. "I can't help but tell him that we're the same age, we went to the same school...and yet I make more money."

Decoding the Girl Talk: Your lack of interest in your career sets off a different kind of alarm in women. It's not about the money you will make in your chosen profession, but how you can dedicate yourself

to something other than yourself. It's about having a purpose, gentlemen.

GIRL-TALK TOPIC: FRIENDS—YOURS AND HERS

Your best buds are an indicator of your character. Rica, 25, a writer and staunch feminist, can't help but cringe every time her boyfriend's pals talk about their latest exploits or brag about the last girl they cheated on. "I would look at them and then at my boyfriend and think, 'Is he like this, too?'" she muses. What she's really afraid of: Birds of the same feather drink together, cheat

together, and cover up for one another.

Tala has a slightly different view. "His friends are so boring," she admits. "I can't get with them no matter how hard I try. It's a good thing he gets along with my friends and they love him, so at the moment, we've worked out that problem."

Decoding the Girl Talk: Don't keep your friends away from your girlfriend—they should all feel it's okay to be themselves around one another. Just reassure your girlfriend that you're not like all your buddies. At the end of the day, your friends were there before the two of you became a couple. Be kind and fair to both your partner and your *barkada*.

GIRL-TALK TOPIC: GETTING DOWN AND DIRTY

No ground is sacred when it comes to girl talk, and sex is just one of those things women love to dish about. One less thing to stress over, though: Penis size. "Penis size is important—mostly to men, not [so much] to women," notes Australian sex therapist Rosie King. "There is only about a three-inch depth in the vaginal wall where women feel sensation. That's why women can have tampons inserted up there and not feel them."

What does matter is the size of your...heart. In the bedroom, this can also mean your eagerness and willingness to please her and try new things. The reality is that some girls miss out on experimental escapades. According to Rica, her boyfriend is hesitant to experiment between the sheets, and she sometimes wonders if she comes across as slutty to him.

"There are two ways to look at this," Dr. Holmes points out. "Is he being judgmental when he says no to new things, or is he just being himself?" If it's the latter, Dr. Holmes says this should be celebrated rather than mourned. "You're in a space where you can both be honest with each other, and that is always the basis of any good, long-term relationship."

Decoding the Girl Talk: Be open-minded when it comes to sex. In the course of a long-term relationship, one or both of you will try something new. Your appetite for risk shouldn't diminish your appetite for each other. "You want openness in your relationship," advises Dr. Holmes. "If kink is not something you want to try, it may

be some other kind of fantasy in the future. As a couple, you should feel safe and secure discussing these things with one another."

GIRL-TALK TOPIC: YOUR BODY

Tala's boyfriend gained 53 pounds during the first two years of their relationship. "Gross!" she remarks without mincing words. But then she realized that nagging is not the answer—instead, it's better to set an example: "I started running and started training for my first triathlon. He got into it, and running became a way for us to spend time together."

Then there's your fashion sense, or lack thereof. "Hay nakul! He used to wear these long-sleeved shirts with baggy khaki pants all the time, and it made him look old and shapeless! He looked like a *tatay*, I swear," complains Gina, who doesn't appreciate the fact that her husband looks like a daddy before his time.

Nancy thinks her boyfriend's fashion sense is a bit on the sterile side, too, so she began buying him clothes on his birthday and other special occasions. "He started wearing the clothes [I got him] because he doesn't like to shop, anyway," she says with relief. "I make sure I compliment him to encourage him to make dressing better a habit."

Your girl and her friends aren't alone in their consideration of your body. You're doing it, too. Research conducted at the University of the West of England showed that 29 percent of roughly 400 British male respondents thought about their appearance at least five times a day. Man boobs, beer bellies, and soft plushy arms and chests are constant concerns among them. The difference between men and women? Body image propels women to hit the gym, but drives men to avoid it.

Decoding the Girl Talk: Even if your girlfriend doesn't expect you to have a six-pack, she does care if you look like a slob. Throw out the pants you've had since high school. Understand that pleated pants are better on your grandfather than on you. You don't need to seem like you've stepped out of the style editorial of this mag, but you shouldn't look straight out of the pages of a '90s newspaper, either. Looking and feeling good both start with exercising and eating right. Bonus: Working out has huge pay-offs in the bedroom. ■



OUR MH CORRESPONDENTS HAVE A LOT TO SHARE. SEEMS THEY LIKE OPENING UP ABOUT THIS TOPIC. WE SHOULD FEEL SO BLESSED

"I hate it when men adjust their balls or touch their crotch in public. You don't see women touching their vaginas or readjusting their thongs in front of you, do you?"

● TALA, 25, PROJECT CONSULTANT

"I think a lot of guys in general are not very *maalaga* when it comes to the home. They leave all the lights on, and their side of the room is always a mess! I suppose it's because Pinoy society has them accustomed to having a woman in the house to clean up after them. But in this era of the working woman, men have to clean up their act, too!"

● GINA, 30, PROJECT MANAGER



"I hate guys who have dirty fingernails and toenails. It's disgusting! I also don't like guys who boast or rant too much about their love life and drama online! TMI. It's bad enough when women overshare. It's a tragedy when men do."

● NANCY, 26, BPO OFFICER

A BERRY SPECIAL LOVE

Get your antioxidant fix with simple recipes using these fleshy fruits

**BY MAAN D'ASIS PAMARAN
PHOTOGRAPHS BY MIGS CASTRO**

Summer is a great time to get a bit fruity, and we're being quite literal here. Aside from getting your fill of the many local choices in-season, you may also want to shake things up by throwing berries into the mix. "Berries are low in calories and high in fiber, and they contain vitamins and minerals that your body needs to function normally," says Maria Joanna Balili, R.N.D., a nutritionist-dietitian at 360 Fitness Club. "They're also good for those who want to lose weight, because their water content will make you feel full and sated."

Only certain berry varieties flourish in abundance at this time of year, but many preserved choices are available right off the supermarket shelf. "There are some nutritional differences between canned, dried, and fresh," comments Balili, "but antioxidant activity and nutritional content is generally not among them." Canning actually locks in the nutrients at the berry's peak of freshness. "Teeming with natural antioxidants that guard against free radicals, berries are also good for the heart because they lower cholesterol," adds Chef Editha Singian. "They also protect the urinary tract against infections because they have the ability to prevent bacteria from adhering to the wall."

What you should consider is how the berries are preserved. "The real difference is in the sugar content," Balili continues. "The drying process removes water, which concentrates sugar and raises the caloric content by weight. A cup of fresh or frozen blueberries has about 85 calories and 18 grams of sugar. One-half cup of dried blueberries, on the other hand, has roughly 275 calories and 14 grams of sugar." A quick glance at the label should tell you all you need to know: "Look for labels that say canned 'in light syrup' or 'in its own juice.'"

Sugar content is a concern for people with conditions such as diabetes, but Balili gives berries the "all clear" provided they are "fresh and consumed based on the daily allowance. Strawberries, in particular, have been shown to reduce blood sugar and insulin levels after meals." Scientists believe that a key antioxidant in strawberries blocks the activity of an enzyme responsible for breaking starches into simple sugar. "This means that a lesser amount of simple sugars is released into the bloodstream, lowering the blood sugar and the corresponding insulin response. This is important for weight control, because insulin shuttles excess sugar into fat cells," explains Balili. ■

MERRY BERRIES

Forget slathering them in cream. Chef Editha Singian, author of *Sweet Temptations: Cakes, Pastries and Other Bakes*, shares four easy and healthy recipes to put those berry benefits to work. They're good enough to impress your date, too

Advantage | Nutrition

NO-GLUTEN OMEGA SMOOTHIE

INGREDIENTS

- 1 large ripe banana (preferably lakatan), frozen
- ½ cup cooked and drained Easycook Green Split Peas
- 6 to 8 medium-size strawberries
- ¾ to 1 cup cold mango nectar
- ¾ to 1 cup cold orange juice

HOT TIP

Pulses (lentils, beans, peas) are high in protein, but they do not contain gluten, the protein found in wheat, rye, oat, and barley.



- The best way to freeze bananas is to peel them, slice the fruit into one-inch pieces, and freeze the pieces in a plastic bag.
- Toss all ingredients in a blender and whiz. For a thick smoothie, adjust the quantity of fruit juices accordingly. You may also use coconut milk.

GREEN SALAD WITH RASPBERRY VINAIGRETTE

INGREDIENTS

- 50 g greens, preferably with arugula
- 1 small cucumber, sliced
- 6 pieces diced watermelon (one-inch cubes)
- feta cheese or slivers of parmesan cheese
- Arrange the salad ingredients in a bowl and serve with Raspberry Vinaigrette on the side.



RASPBERRY VINAIGRETTE

INGREDIENTS

- ¼ cup raspberry vinegar
- ½ cup sugar
- ½ tsp salt
- freshly ground pepper
- 1 tbsp extra-virgin olive oil
- 1 tbsp cornstarch dispersed in 1 tbsp water



- In a small saucepan, bring the vinegar, sugar, salt, pepper, and olive oil to a boil. Thicken with cornstarch slurry. Cool.

CRANBERRY WALNUT TARTLETS

INGREDIENTS

Crust:

- 2 cups all-purpose flour
- ¾ cup unsalted butter, cubed
- 1 cup cream cheese, softened
- In a bowl, blend all the ingredients using a pastry blender or a fork. Form into a ball and cover with plastic wrap. Allow to rest in the refrigerator for 30 minutes. Divide the dough into small balls and use your thumb and forefinger to fit them into small tart pans.

Filling:

- dried cranberries
- 1 cup coarsely chopped walnuts
- ¼ cup unsalted butter, melted
- 1½ cups well-packed brown sugar
- 3 large eggs, slightly beaten
- 1 tsp vanilla



- Arrange the cranberries and walnuts in the prepared tart shells.
- Mix the butter with the rest of ingredients. Fill the tart shells to three-quarters capacity with the mixture. Bake in a preheated oven (350°F) for 30 minutes or until golden and set. Remove tarts from the pans while still hot.

NO-STEAM LECHE FLAN WITH BLUEBERRIES

INGREDIENTS

- 2 sachets clear and unflavored gelatin
- ½ cup iced water
- 10 large egg yolks
- 1 tall can full-cream evaporated milk
- ¾ cup sugar
- 1 can (300 g) cream
- 1 tsp grated lemon or dayap zest
- blueberries (frozen or canned)



- In a big bowl, bloom the gelatin in water. Set aside.
- Mix the egg yolks with milk and sugar in a saucepan. Cook *bain-marie*, stirring constantly until the mixture coats the back of a spoon. Pour into the gelatin solution and mix well until the gelatin dissolves.
- Add the cream and zest. Blend well. Pour the custard mixture into small bottles or crock pots, and chill to set. Top with blueberries. Chill before serving.



DISCONNECT TO RECONNECT

Put your phone away and log-off social media sites more often. It's good for you.

HELP! MY LIFE SUCKS

Stop FOMO—the “fear of missing out,” if you’re not yet down with the lingo—from quietly killing you

BY ISA GARCIA

It's 10 PM and you're sprawled out on the couch, watching a bunch of frat has-beens reliving their hayday in *old school*. You're pretty sure there's nothing more you could possibly want from life right now—until you pick up your phone and scroll through Instagram.

Scanning through numerous photos, you see: your best friend sitting on the steps of the New York Public Library; your coworker's cool new watch; your cousin's engagement announcement. Heck, even that guy you picked on in grade school has a photo with Jennifer Lawrence, whom he happened to bump into during a layover in Chicago.

You stare at the screen as the movie plays on in the background and wonder: *What am I doing with my life?* Congratulations. You've just fallen victim to one of the 21st century's most quiet killers.

UNDERSTANDING FOMO

While people have wrestled with the complex issue of envy for many years, many experts believe that the FOMO phenomenon has been exacerbated by the rise of social media. Rebecca McGuire-Snieckus, Ph.D., a psychology professor at Bath Spa University in the UK, says, “The fear of missing out—

FOMO—is a type of anxiety, a sort of anticipatory regret. It's brought on by being aware of so many alternatives, by seeing other things that you could be doing, or having, or being." With already 1.23 billion people around the world using Facebook alone, it has become a rarity not to belong to some kind of online platform.

The problem with these very public online spaces is the powerful sense of illusion they create. "Social networking fuels FOMO," McGuire-Snieckus observes. "Platforms for social comparisons, such as Facebook, LinkedIn, and Twitter, make it more apparent to people what they aren't achieving, doing, or having." You might think you're just mindlessly tapping a smartphone screen, but the truth is you're unconsciously building a self-destructive complex.

YOU ARE #BLESSED

FOMO is often characterized by a deep sense of lack. This comes from the "grass is always greener on the other side" mentality, aggravated mostly by the Internet's propensity to showcase everyone's "Great!" "Amazing!" and #blessed lives. When you see a feed full of exotic vacations, great food, happy people, and carefree moments while you're slumping it someplace far less exciting, it's easy to feel bad. Without a behind-the-scenes look at the crap that makes up people's day-to-day existence, you're forced to think there's something wrong with you.

Andrew Przybylski, Ph.D., a psychologist at the University of Essex, conducted a study on the FOMO phenomenon last year. He and his colleagues distributed a 32-item questionnaire to 672 men and 341 women residing in different parts of the globe. He then surveyed 2,079 UK residents ages 22 to 65 regarding their social-media engagement. In the end, it was determined that people who reported high feelings of FOMO used social media more. These same people also felt less autonomy, competence, and connectedness in their individual offline lives.

When FOMO hits, one of two things happen: Either you withdraw from people, or you overcompensate by trying to experience it all, wearing yourself mighty thin in the process. But does your life really suck? No. What might suck is the way you see life and the world around you.

THE FOMO STATS

A new survey from *MyLife.com* has revealed staggering numbers that only confirm the realness of FOMO. Maybe it's time to rethink how important your smartphone and social-media accounts are to you

56%

of respondents were afraid of missing out on events



gave priority to social media over other habits such as smoking cigarettes and watching reality TV

27%

open their social-media accounts as soon as they wake up



own multiple accounts



51%

saw a rise in their social-media consumption over the past year

BONUS: At least people are still thinking straight. Only 3% of respondents were willing to trade social media for sex.

The FOMO phenomenon proves that we tend to equate success with life milestones. As the most pervasive means of communication in the 21st century, social media has become a daily announcement board for people's life achievements. Being constantly bombarded with news of engagements, firstborns, promotions, and material acquisition will naturally make you feel like you have fallen behind or gotten stuck. The real truth about success is that it is entirely up to you to define it for yourself.

If you find yourself a frequent victim of FOMO, a healthy first step might be to back the hell away from the Internet and disconnect. "Social media makes it easy to see loads of blessings in our newsfeed," says Eric Julian Manalastas, M.Sc., a professor of social psychology at the University of the Philippines Diliman. "Unfortunately, they're blessings that happened in other people's lives while we were too busy looking at our newsfeeds. The result? Upward social comparisons, regret, and envy." These feelings are exacerbated by the fact that, in this YOLO-instabragging-#blessed culture, your friends will only post pictures that make their lives look exciting, and leave out the boring stuff that comprises most of our days.

FOMO IN SLOW MO

FOMO, in part, recalls those innocent days when you were stuck at home doing homework while your cousins or neighbors were playing out on the street.

Remember how you dealt with that sucky feeling of being inside looking out? Sure, it sucked, but you learned to create your own fun: tic-tac-toe, PANTS, or the good ol' imagination.

As far as happiness is concerned, never underestimate the power of play, especially when it relates to flow. A concept proposed by research psychologist Mihaly Csikszentmihalyi, flow is a state of being 100 percent in the moment, and a state of great pleasure. This happens when you find yourself in play, doing things that are both enjoyable and stimulating. You remove yourself from the stress of yearning to live someone else's life and instead learn to focus on our own.

When FOMO rears its ugly head, give yourself permission to play. Grab an ice cream. Step out in the sun. Tell a joke. Dance. Create a moment you want to be in—and then be in it, 100 percent.

Minstrelle More, a graduate student in psychology and counseling at the University of the Philippines, advises: "Every once in a while, put down your phone/laptop, and have real [face-to-face] conversations to know the 'status' of people who matter. Strive to build relationships, and create memories not for the sake of posting, but for personal growth and enjoyment. Cultivate your real self as opposed to your online self. You'll be surprised to see how you can better connect when you disconnect."

Like anything, it's a process. It takes changing your own

destructive and biased thought patterns (and logging off Facebook every now and again), and then finding ways to have your own kind of unadulterated fun (play!) again. Some days will feel like you're moving in slow mo, like you're slogging through the reality of a life you're unhappy with. On those days, be kind to yourself. There are days that won't be Instagram-worthy, but walking through life without filters requires a kind of courage that you—we—are capable of. Besides, all of us have crappy days...except we don't post photos of bad days on IG.

Want to get proactive? The best way to avoid a fear of missing out is to, well, not miss out. "Do things ahead of time or try to finish tasks so you can actually go out and not miss out," recommends Kath Sanga, a child psychologist from De La Salle University. That said, "don't feel too bad [about saying] 'no' when you get invited to an event and you have somewhere to go or something to do that's more important. Also, expand your interests and start to appreciate just being by yourself!"

The verdict seems clear. Love your life, know that nothing is perfect, work on yourself, and stop comparing. As Louis CK said in his award-winning series *Louie*: "The only time you look in your neighbor's bowl is to make sure that they have enough. You don't look in your neighbor's bowl to see if you have as much as them." Live out your best, most authentic life possible, and you won't really miss out on anything worthwhile. ■



asics

IT'S A BIG WORLD. GO RUN IT.
ASICS.COM/GO RUN IT

ASICS GREENBELT 3

ASICS TWO PARKADE

ASICS CENTRIO

ASICS AYALA CEBU

ASICS TRINOMA

ASICS FAIRVIEW

ASICS SOLENAD



COACH

FUEL UP!
Eating the
right stuff will
energize you

ON THE BOARD

93
TRAINER ON CALL
FITNESS APPS YOU SHOULD
HAVE ON YOUR
SMARTPHONE

92
**SOLID POST-
WORKOUT CHOW**
WE SHOW YOU HOW TO
MAKE YOUR OWN
PROTEIN BAR

96
FINISH STRONG
BOOST FAT LOSS AND
ENDURANCE WITH
SPRINT TRAINING

94
HOOPS MASTER
HACKS TO RULE ANY
BASKETBALL LEAGUE
THIS SUMMER

97
**FOUR WEEKS TO
BEACH READY**
THE MH LABORATORY
WORKOUT WILL CHISEL
YOUR CORE

NO NEED TO RUN ON EMPTY

Fasted state cardio may not be the best weight-loss solution after all. Doing cardio workouts on an empty stomach won't help you lose weight any faster than training on a full stomach, a study published in the *Journal of the International Society of Sports* found. After dividing participants into a no eating before exercise group and the other downing a meal replacement shake, researchers found that both groups lost the same amount of weight after four weeks. If you always feel hungry during early morning sessions, pick low glycemic index foods like oatmeal to provide you a steady dose of energy throughout your workout.



YOUR PROTEIN QUICK FIX

TWO EASY-TO-MAKE SNACK BARS THAT ARE SURE TO FUEL YOU UP, FAST

WORDS AND FOOD STYLING BY TRISHA BAUTISTA • PHOTOGRAPHS BY DAIRY DARILAG

BUILDING MORE MUSCLE MEANS you have to do the following: work out diligently, and eat more protein. Most guys get the exercise part down, but then they don't pay too much attention to what they eat. If you fail to get your daily dose of protein (roughly 0.8 to 1 gram per kilogram of body weight), you could be under-fueling your body—preventing you from maximizing your gains.

When you consume protein is important, too. A University of Texas study suggests that it's better to have a steady amount of protein throughout your daily meals and in line with your fitness regimen. Ideally, you should get your fix from a variety of sources. Power bars are a great option. "Most proteins come in the form of savory food like beef or chicken, but protein bars offer a sweet alternative," says sports nutritionist Harvie De Baron.

Because it's usually taken as a snack, a protein bar helps you space out your protein intake throughout the day—especially before or after a weights session. It doubles as a sweet snack and as fuel for optimum performance. On the downside, a lot of ready-made bars pack extra sugar and fat. Eliminate this dilemma and take charge of your nutrition by making your own. Try these two recipes for starters.

Baked Option MUESLI CHOCOLATE BARS

- ½ cup low-fat soy milk or unsweetened almond milk
- 3 tbsp honey
- 2 tbsp almond butter
- 1 small banana, mashed
- 1 tbsp chia seeds
- 1½ cup muesli (try Dorset's nutty variety)
- 2 scoops chocolate protein powder
- ½ cup sliced almonds
- 1 tbsp flour
- 2 cups dark chocolate chips or buttons (optional)

1. Preheat oven to 350 F.
2. Combine the soy milk, honey, banana, almond butter, and chia seeds in a large bowl. Mix well.

3. In a separate bowl, combine all the dry ingredients (muesli, almonds, protein powder, flour). Slowly mix in the wet ingredients, making sure the batter is well-incorporated.

4. Spread coconut oil in a shallow square baking tin, then pour in the batter. Bake for 20 to 25 minutes; a fork pierced through the center should come out dry. Let cool before removing from the pan and cutting into bars.

For the chocolate topping:

1. Pour about 1 to 2 tablespoons of coconut oil into a small pan. Add the dark chocolate chips into the pan and heat until melted.
2. Spread melted chocolate over each bar and let cool.
3. Store the protein bars in the freezer.

Makes about 12 bars

Calories: 167 per bar
Fat: 8.5 g
Carbohydrates: 17.4 g
Protein: 7.5 g

No-Bake Bites CHOCO-PEANUT BAR

- 1½ cups rolled or quick-cook oats
- 3 scoops chocolate protein powder
- ¼ cup sorghum syrup or agave nectar

- ⅓ cup peanut butter
- ½ cup crushed almonds or cashews

1. Line a baking pan with parchment paper.
2. Mix the rolled oats, protein powder, and nuts in a bowl.
3. Combine the peanut butter and sorghum syrup, and then add to the dry ingredients.
4. When its texture becomes dough-like, press the mixture into the baking pan.
5. Freeze the mixture for about 20 minutes before slicing into bars.

Makes about 12 bars

Calories: 177 per bar
Fat: 5.4 g
Carbohydrates: 20.5 g
Protein: 12.4 g

Most of the ingredients above are available in regular groceries, while ingredients like almond butter, chia seeds, sorghum syrup, and almond milk can be found in specialty stores like Sugarleaf Organic Market and Cafe in Makati City (www.sugarleafph.com).



TECHIE TO BRAWNY

NOT ALL EXERCISE APPS ALIGN WITH YOUR DESIRED GOALS, BUT A SMARTER APPROACH TO THEIR USE CAN HELP YOU UNLOCK YOUR BEST BODY YET

BY LIO MANGUBAT

IT'S A TEMPTING PROSPECT: DITCH YOUR monthly gym fee for a pocket program—portable, dirt cheap (or free), convenient—to getting that six-pack you desire.

Of course, it's all too good to be true. A recent study in the *American Journal of Preventive Medicine* analyzed 100 fitness and exercise apps, and found that most of them have a limited implementation of behavior change techniques (BCTs). In other words, apps won't get you moving, bro.

360 Fitness Club coach Jeriel Manalo naturally emphasizes the value of working with a personal trainer, because a fitness app cannot teach you about specificity and intensity: "*Kung hindi mo siya alam kung paano gawin at kung gaano ka-intense dapat yung gusto nung app, hindi rin siya ganun ka-efficient.*"

Still, there are ways around such inefficiency of exercise apps. We've tried three popular workout apps (available in both the Apple App Store and Google Play) to see where they fall short—and how you can still make them work for you.

01

THE APP: Jefit

This app serves as a workout log. Program your week, punch in your numbers, and whip it out as you do your sets so you can see what you need to do for the day. You'll have to manually input weight and reps, which means there's a lot of tapping involved. It makes it easier to track progression during your session.

What Works: You won't need a notebook to track the weights you lift—handy and efficient for monitoring. "Self-monitoring and self-evaluation are critical precursors to effective self-regulation and success in sport," writes Robin S. Vealey in the book *Handbook of Sports Psychology*.

What Doesn't: It won't teach you the weight, the form, and the routine you should be doing to target your muscle weak spots.



TRACK THE WEIGHTS AND REPS YOU LIFT

The Tweak: Log in to the app like a proper churchgoing man, so you can track your progress week-by-week.

02

THE APP: The Johnson & Johnson Official 7 Minute Workout

This is the first "7-minute" app (there are tons) to be officially endorsed by the original creator, physiologist Chris Jordan of the Human Performance Institute. The program throws a set of 30-second exercises with 10-second rest periods in between. Harder routines can go up to 27 minutes, incorporating moves like burpees, Hindu push-ups, and plyo split squats.

What Works: Each exercise comes with a quick-loading video and an audio clip that barks instructions at you

about "engaging your core" and whatnot. This will help keep your form on track. "Not everyone learns visually," comments Manalo.

What Doesn't: There are too few pull- and hip-dominant moves—a common problem

with bodyweight plans, Manalo points out.

The Tweak: Make sure you go all-out in intensity with each exercise to maximize the efficiency and effectivity.

03

THE APP: Sworkit

You can pick from four domains—strength, cardio, yoga, and stretching. Customize the length of your workout and your target areas, then hit start. It's 30 seconds of one bodyweight exercise before you move on to the next, with a half-minute break every five exercises or so.

What Works: With no need for equipment, you have absolutely no excuse not to get moving now. And the app is realistic—in the description, it still encourages you to use it only as a supplement to

regular training with a personal trainer.

What Doesn't: "Ang 'strength' workouts, *pwedeng pang-cardio*," notes Manalo. "Meanwhile, *puro* calisthenics *ang* cardio workouts." There's also little sense of progression in the workout.

The Tweak: Design your own workout based on the hundreds offered here, and give yourself a rep target so you can ensure you do maximum intensity.



EASY TO USE, THIS APP GETS YOU MOVING



CHOOSE YOUR BODYWEIGHT POISON



HACKS

KING OF THE COURT

INTER-BARANGAY, INTER-COLOR, INTER-SUBDIVISION—YOU NAME IT, THERE'S A LEAGUE FOR IT. AND TO GIVE YOU THAT MUCH-NEEDED ADVANTAGE TO RULE THE COURTS THIS SUMMER, WE GATHER SOME ESSENTIAL KNOWLEDGE YOU WILL NEED TO RISE ABOVE THE COMPETITION

BY MIKE DIEZ • ILLUSTRATIONS BY CARLO MAALA

BY THIS TIME, EVERY CORNER **SEMENTO** court will be gearing up for the countless competitive leagues that are sure to be popping up in a barangay near you. That's right, millennial boy—they Air Jordans were meant to kiss the asphalt. *Porma* aside, bragging rights always

await those who play for the winning team. With the competitive you in mind, we've rounded up seven different strategies to help you and your team win more games to take home that coveted *pa-trophy ni* Mayor, or that Coke *litro* bet on a hot sunny afternoon.

ACE THE WARM UP

"Studies have shown that holding static stretches for about 30 seconds before jumping reduces your vertical leap by about two centimeters," explains Julio Veloso, M.S., C.S.C.S., strength and conditioning coach for PBA team GlobalPort Batang Pier. "It does not make all that much difference."

YOUR MOVE: Go with what you're comfortable with. A routine that includes both dynamic and static stretching is ideal. Make sure you include the world's greatest stretch that hits all major muscle groups in a few easy steps.

DO IT: [A] From a standing position, lunge your right leg forward, bend both knees, and place your left hand on the floor and your right elbow near the floor. Hold this for 10 seconds. [B] Rotate to your right and reach for the ceiling with your right arm, then lower it and tuck it under your left arm. Do this for 10 reps. [C] Straighten your right leg and pull your right toe up. Hold this for 10 seconds. Go through all the steps, this time lunging with your left leg forward.

SINK YOUR FREE THROWS

As everyone named Nick Anderson (look him up if you're born in the '90s) knows, free throws win games. Most people buckle under the pressure and it's not all muscle memory. "Muscle memory comes into play in situations where you don't have to think and you just react instantly," Veloso points out. "What would be more important is to remain calm under pressure."

The Key to Swishing Foul Throws: Practice shooting under duress. Try practicing your shots after conditioning runs while catching your breath to simulate the fatigue you feel during games. Having a friendly *pustahan* with your teammates helps mimic those late-game jitters, notes Veloso.

"What would be more important is to remain calm under pressure."



ANKLE MYTHS, BUSTED



MYTH: High-tops are better at protecting your ankles than low-cut shoes.

TRUTH: It really doesn't matter. "When you step on someone else's foot, you're going to get your ankles sprained," cautions Veloso.



MYTH: Taping your ankles heavily prevents you from rolling them.

TRUTH: You're hampering your proprioception, or the body's orientation for movement. If you tape your feet heavily or wear shoes that stifle your ankles movement, Veloso says you're screwing your proprioception.



MYTH: Leg exercises can make your legs stiff.

TRUTH: Strengthening your legs can help prevent ankle injuries. Single-leg exercises are particularly beneficial. "This does two things: First, it strengthens your ankles, and second, it improves your balance," says Veloso. Try adding single-leg squats and lunges to your current lifting routine.

STIFLE TRASH TALK

Here's one rule of thumb when it comes to trash talk: *Mapikon, talo*. "Personally, I laugh," shares Rain or Shine Elasto Painters and Gilas Pilipinas guard Gabe Norwood. "Or I just agree with them. That throws them off. If they say 'Gabe, you're terrible,' I just say 'Yep,' and they can't say much after that."

Norwood adds that you should remember it's a team game, and you should keep that in mind when somebody tries to throw you off your game. "Offensive or defensive mishaps can be made up for," he stresses. "*Bawi*."



FIT FOR THE COURT

You can't just join a team with the notion that you'll get fit playing in a summer league. Veloso swears by the wisdom shared by a colleague: You don't play sports to be fit—you become fit so you can play sports. "If you have a decent level of fitness, you can start conditioning your body for summer-league games three weeks prior," continues Veloso. "If not, you should give yourself six weeks to get into shape."



YOUR STRATEGY: Sprints

No one likes a lazy teammate, so don't you dare say you'll jog to get in shape. "You get yelled at when the coaches see you jogging on the court," Veloso states. Sprinting not only helps your speed and cardio, it's also less injurious. "Sprinting takes its toll on the hamstrings," adds Veloso. "If you only do straight

running, you run the risk of injuring your knees and ankles."

TRY THIS: Suicides or walls

This means sprinting baseline to baseline. You can also have someone time your sprint and do intervals. Sprint for 10 seconds, then rest for 30 seconds. Repeat.

RUN A SIMPLE OFFENSE

Rarely do summer-league teams go for man-to-man offensive or defensive formations. "Usually *sa liga*, zone *ang labanan eh*," observes Mac Cuan, assistant coach of GlobalPort Batang Pier.

THE PLAY: Cuan says you can't go wrong with a basic 1-3-1 pattern on offense that's really effective against the zone defense. Here's what it looks like.

1. The point guard runs a play on top of the three-point area.
2. The shooting guard and the small forward are on the wings.
3. The power forward is at the free throw area.
4. The center is on one corner of the baseline near the basket.

HOW IT WORKS: "The 1-3-1 pattern spreads out the offense," explains Cuan. "When the defense goes out to defend the wing, you can pass the ball to your power forward or center player. When the defense collapses on the paint, the guys on the wing will be open for the outside shot."



PICK THE RIGHT JERSEY COLOR

Your competitiveness can be influenced by the uniform colors you choose to wear. Research from the University of North Carolina at Asheville found that athletes relate to colors on an emotional level. Dark colors stand out, because they are associated with dominance. ■



SPEED UP YOUR GAINS

BUST OUT OF YOUR WORKOUT RUT AND BUILD TOP-END LUNGPOWER WITH THIS SPRINT TRAINING GUIDE

BY WAYNE JOSEPH TULIO

LOVE IT OR HATE IT, RUNNING remains to be a proven method to keep fit. Most beginners, though, have a tendency to stick to one pace: slow and steady. That's the surest way to hitting a plateau. Research from Canada and New Zealand reveal that a varied approach to running can help you gain specific fitness benefits. Short sprint intervals, for example, helps increase your VO2 Max (one measure of aerobic endurance). Longer sessions, meanwhile, boost the volume of blood your heart can pump.

Mixing up your runs is a great way to maximize your gains. And one way to do that is including sprint intervals in your routine. "Running at faster speeds than race pace but in shorter distances with recovery time in between trains your body to adapt to a faster pace. Over time, you'll be able to run at a quicker pace continuously and consistently," says Monica Torres, a professional triathlete who documents her training and races on *Monicaracestheworld.com*.

Aside from improving your cardio, sprints also trigger muscle growth. "Sprinting targets the big and powerful muscles of the body that have the highest potential for hypertrophy," explains Chappy Callanta, C.S.C.S., head coach of the 360 Fitness Club chain. "It also develops power that comes in handy when runners go uphill, too." But don't just go out there and run ala Usain Bolt right away. Read on and be informed so you can maximize the benefits of sprint training.

BUILD A BASE

First things first: Sprinting is a high intensity activity and you can't just decide to go out and do it. "You need a proper strength and cardio base for it," warns Callanta. Make sure you're already doing strength training exercises regularly (especially for the legs) and have a regular running routine before you go for fast intervals.

SPRINTS VS. LONG-DISTANCE

How are sprints different from your usual slow and steady runs? The answer lies in the energy systems they use. When doing sprints, you'll use the phosphagen and anaerobic systems while long distance taxes the aerobic (oxygen-based) system. Doing them regularly affects the body differently, too. "Sprinters are big and powerful while marathoners are lean and have high endurance," notes Callanta. When thinking of your ideal body, you'll know better which of these two methods you'll do.

If you're a long distance runner, including sprints in your workouts help, too. "Doing speed workouts or running intervals is a definite necessity if you want to cut your times," says Torres.

01

Foam roll your glutes, calves, quads, lats, and thoracic spine.

02

Do the following stretches:

HIP FLEXOR STRETCH

Kneel on the floor in a lunge position with your left knee behind you on the ground with your right knee forward. Push your hips forward until you feel a stretch on your left leg. Hold this for 15 to 20 seconds then switch sides.

POSTERIOR HIP STRETCH

Lie on a mat with your arms stretched out to the sides with both shoulders flat on the floor. Fold your right leg up at a 90-degree angle and turn to your left side. Gently pull your right knee with your left hand, making sure you keep your shoulder flat at all times. Hold this for 15 to 20 seconds then switch sides.

03

Walk and slow jog for 5 minutes. Then, be ready to sprint.

PREP RIGHT

Much like a car, you need to properly warm up your body before you red line with sprints. "You want to have your body core temperature nice and warm, and your muscles not only warmed up, but also ready for the explosive exercises to come," writes Robert Dos Remedios, C.S.C.S. in *Cardio Strength Training: Torch Fat, Build Muscle, and Get Stronger Faster*.

Prime your body for sprints by doing a mix of mobility and dynamic moves to get your muscles ready for the grind. Try this warm-up recommended by Callanta.

MASTER THE FORM

Pro triathlete Monica Torres breaks down the right way to run sprints.

POSTURE

Your trunk should be straight with a body lean of about 5 to 6 degrees to help drive your momentum forward. Keep your face and neck muscles relaxed with your mouth slightly open.

ARM SWING

Keep your shoulders steady with your elbows bent at a 90-degree angle. While running, your hands and arms should make an aggressive hammering action. Your hands should swing at or higher than your shoulders and go down below past your hips. Avoid crossing the hands over your body's midline.

LEG DRIVE

The front leg thrusts forward and upward as high as it can while keeping your knee pointing directly forward. The ankle should be flexed.

FOOT STRIKE

Land on your mid-foot directly under your hips so that you maintain your center of gravity as you run.

PUSH OFF

From the ground, push off your leg so that it folds almost to your butt in a relaxed motion. ■

RUN FAST, DROP POUNDS

Regular sprinting can help facilitate weight-loss in conjunction with other activities. "A proper sprint program will put you in an oxygen debt, which means your body will be working a lot harder to try and recover—burning more calories in the process," explains Callanta.

THE MH SPRINT WORKOUT

Think you're ready to do sprints? Try these two workouts plotted by Callanta.

Directions. Do workout 1 once a week and workout 2 twice a week. Both should be done after a thorough warm up.

Workout 1 50-meter Sprint

Run as fast as you can for 50 meters. Rest for 90 seconds then go again. Do a total of 8 sets.

Workout 2 20-meter Sprint Intervals

Place two markers 20 meters apart. Run from one marker to the other, touch it and sprint back. Keep doing this for a total of eight touches. Rest 3 minutes then go again. Do a total of 8 sets.

TRAIN WITH THIS: NIKE 3.0 FLYKNIT



The 3.0 Flyknit men's running shoe has an upper that wraps your foot like a glove. It also has a minimal molded sockliner that adds support by mimicking the natural curvature of your foot. Its outsole design also absorbs impact while providing great traction—fit for sprints, and if you like to run longer.



04.15

Men'sHealth

WELL

KNOWLEDGE TO GET YOU FITTER,
FASTER, AND STRONGER





MIH

GET BEACH- READY NOW!

MUSCLE UP ALL OVER
AND MAKE YOUR ABS POP
WITH THIS MONTH'S FAT-
BURNING PLAN

BY JOSE GEMORA, C.S.C.S.
PHOTOGRAPHS BY DIX PEREZ

UNLESS YOU'VE BEEN LIVING in a cave, you know there's only one month left before LaBoracay, the biggest beach party of the year. But don't worry—four weeks is enough time to shed fat and build some muscle. That's where this month's program can help.

You'll do a combination of cardio and strength moves designed to bulk up your body while boosting your metabolism. Each session will take only 30 minutes or less, but it will increase your heart rate to keep you burning calories even after you're done. Match this plan with a sensible diet, and ladies will check you out as you chase the sun.

Men's Health COACH

THE MH LABORATORY TRAINING PLAN

WORKOUT 1:

This workout is divided into three phases. Perform each phase before moving on to the next.

• CORE PHASE

Do this as a superset, going from one exercise to the next for the specified number of reps. Rest for one minute before going again for a total of three sets.

Paloff Press – 12 reps per side
Turkish Get-ups – 3 reps per side

• FULL-BODY PHASE

Perform these five exercises as a circuit, doing 12 reps of each before moving on to the next. Rest for one minute, and then go again. Do a total of three sets.

Kettlebell Swings
Single-arm Rows
Goblet Squats
Half-Kneeling Press
Mountain Climbers

• FINISHER

Perform the first exercise for 20 seconds. Rest for 10 seconds before proceeding to the second exercise. Continue alternating between the two until you do four

rounds each.
Battle Ropes
Farmer's Walk

WORKOUT 2:

Do the countdown phase. Once you're done, rest for two minutes before doing the finisher.

• COUNTDOWN PHASE

Perform each exercise one after the other for eight reps, then go again for seven reps. Keep taking a rep off each set until you're down to just one rep of each move.

Push-ups
Pull-ups

• FINISHER

Perform these exercises consecutively for 30 seconds each. Rest for one minute before going again. Do a total of five sets.

Kettlebell Swings
Battle Ropes

WORKOUT 3:

This is solely cardio day. Jog for 20 to 30 minutes, and then rest for two minutes before performing a 10-minute interval run, alternating between 30 seconds at sprint pace and a one-minute steady jog.

EXERCISES



Half-Kneeling Press

[A] Kneel on your right knee while holding a dumbbell with your right hand above your shoulder. [B] Press the weight above your head. Do this sequence for the desired number of reps, then switch sides.



Single-Arm Row

[A] Stand with your feet shoulder-width apart and your knees slightly bent as you hold a dumbbell with your right hand. Push your hips back as you bend your torso forward. [B] Pull the weight straight up to the side of your abdomen. Go back to the starting position. Do the desired number of reps, then switch sides.



Kettlebell Swings

[A] Bend at your hips and hold a kettlebell with both hands at arm's length in front of you. Rock back slightly, then swing the kettlebell between your legs. [B] Squeeze your glutes, thrust your hips forward forcefully, and swing the weight to shoulder height. That's a rep. Allow momentum to swing the weight; don't use your arms to lift it. Don't round your lower back at any time; it should stay naturally arched when you bend at your hips.



Farmer's Walk

[A] Stand holding a dumbbell in each hand. [B] While contracting your core and keeping your chest out and back straight, walk forward until time is up.





DIRECTIONS These three workouts are designed to boost your metabolism for greater fat loss. Workouts 1 and 2 are to be alternated during the week; workout 3 is for weekends. Plot your workout week with this calendar.

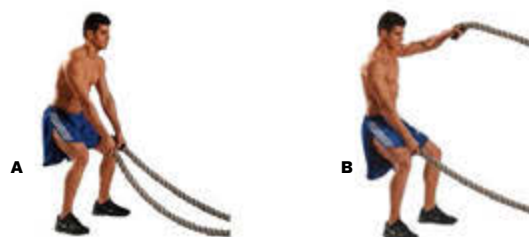
	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	W1	W2	REST	W1	W2	W3	REST
WEEK 2	W1	W2	REST	W1	W2	REST	W3
WEEK 3	W1	W2	REST	W1	W2	W3	REST
WEEK 4	W1	W2	REST	W1	W2	REST	W3

04.15



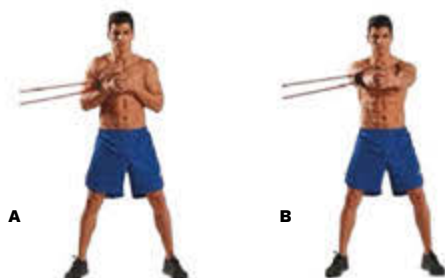
Goblet Squats

[A] Stand holding an upside-down kettlebell or dumbbell, cupping it like you're holding a heavy goblet. [B] Lower your body by pushing your hips back and bending your knees, going as low as you can. Pause, then stand up to go back to the starting position. Keep your back straight at all times.



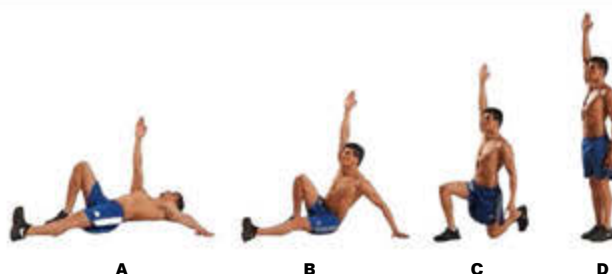
Battle Ropes

[A] Anchor a thick rope to something heavy. Hold an end of the rope in each hand while in a semi-squat position. [B] Make waves with the rope by alternately lifting your arms up and down. Keep doing this until time is up.



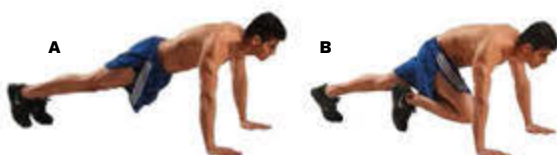
Paloff Press

This exercise is done with a cable machine or a resistance band contraption. [A] Hold the handle in front of your chest and stand with your left shoulder pointing to the machine, far enough that you feel tension on the cable or band. [B] Keeping your shoulders and hips squared, press the cable straight in front of your body. Resist rotating toward the machine. That's a rep. Do the desired number of reps, then switch sides.



Turkish Get-ups

[A] Lie on a mat while keeping your left arm extended on your side, your right leg bent, and your right foot flat on the floor. [B] Contract your core and lift your upper body off the floor while resting your weight on your left arm. [C] Push your hips up, then bend your right knee until you're kneeling. [D] Contract your glutes and stand up. Reverse all the motions until you go back to the starting position. That's a rep. Do the desired number, then switch sides.



Mountain Climbers

[A] Assume the pushup position with your back straight and your hips low. [B] Keep your core tight as you alternately draw each knee to your chest, moving quickly. Keep your back straight at all times.



Push-ups

Assume the plank position. Bend your elbows and lower your body until your chest is close to the floor. Pause, then push back to the starting position.

Pull-ups

Hang from a pull-up bar with an overhand grip, keeping your hands shoulder-width apart. Pull your chest up to the bar. Lower yourself, then repeat.

One Last Thing™

WHEN NON-SENSE MAKES
COMMON SENSE

WEEKEND PROJECT

Go Green at Work: Build Your Office Oasis

POWER
PLANT

Ah, your office: It's probably pretty bland, boring, and... wait, we just fell asleep. Thankfully, there's an easy way to liven it up and sharpen your focus, during these hazy summer days. In a study in the *Journal of Alternative and Complementary Medicine*, people in plant-free zones rate their stress levels as nearly 11 percent higher than those exposed to plant life. Instead of tending to ever-thirsty houseplants, you can reap the same benefit with an easy-to-maintain terrarium. This resilient little glass-encased jungle waters itself through condensation. Whether you're in a window office or cubicleland, Tovah Martin, gardening expert and author of *The New Terrarium*, shows how to build some serious growth potential. —LILA BATTIS

The Window Unit



In naturally lit rooms, indirect light filters through the glass, creating a warmth and humidity that mimics the environment of an equatorial cloud forest.



Materials

At a garden center, buy a pound of 3/8" pebbles, a bag of horticultural charcoal, potting soil, and a 2-gallon glass container with lid. For a window office, buy African violets or orchids; for a cubicle, *Selaginella* mosses and ferns.

The Cubicle Farm



In an interior work area, fluorescent overheads create an environment similar to what you'd find in a low-light rain forest.



Shade Your Greens

Direct sunlight on a closed container can burn your plants. So situate your terrarium in a spot that's well lit but not in direct sun. Try a bookshelf or table that's far from the window.



Sink the Foundation

Layer the materials. First add an inch of pebbles, then 1 tablespoon of the horticultural charcoal, then 2" to 3" of soil.

Construct the Kingdom

Remove each plant from its pot and loosen the roots with your fingers. Dig a hole deep enough to contain the plant's root system beneath the surface of the soil.



Bathe in Faux Light

Mosses thrive in dimmer environments, but if the ecosystem is too dark, nothing will grow. For the best light, place your terrarium on a high shelf or an open part of your desk.



Maintain Your Greenery

Water your plants and cap your terrarium. Every two weeks, take off the lid for a few hours. Then add flair with twigs, pebbles, or a knick-knack you picked up somewhere. Take a cue from local company Space Garden (othergarden.tumblr.com). And if you're too lazy to make your own terrarium, you can just order one from them.





Because burgers taste better after a 10K run.

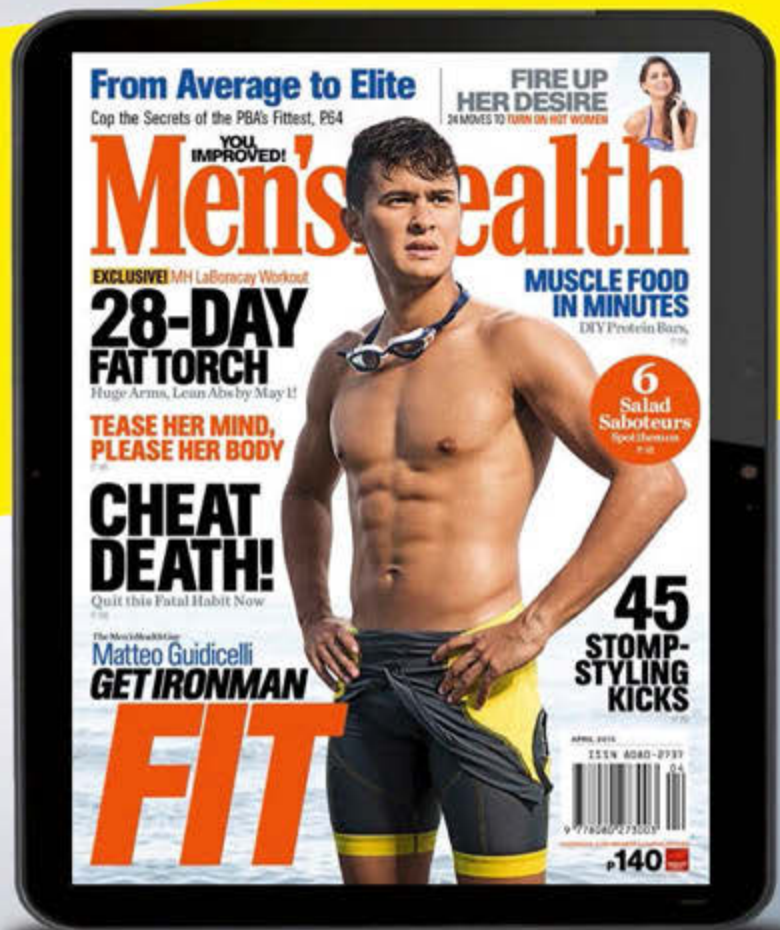


2/F Fort Pointe Building 2, 28th Street,
Bonifacio Global City, Taguig
Landline 808-6001
Facebook - 100milescafe

Men's Health IS NOW ON



DOWNLOAD THE WORLD'S LARGEST
MEN'S MAGAZINE ON YOUR ANDROID
SMARTPHONE OR TABLET TODAY



SAULIEU

EFFORTLESS ELEGANCE

Inspired by the timeless elegance of sporting holidays, the Lacoste footwear collection combines nautical style and function, adapted for a contemporary lifestyle.

Bringing striking design and authentic Lacoste detailing the Saulieu has been updated with diamond-embossed suede on herringbone canvas for a premium finish. Red and blue stitching on the foxing adds a final flourish of subtle French style whilst the natural gum tread nods to retro sporting elegance reminiscent of the brand's rich heritage. Wear with casual jeans or coloured chinos for a sartorial update to your summer wardrobe.



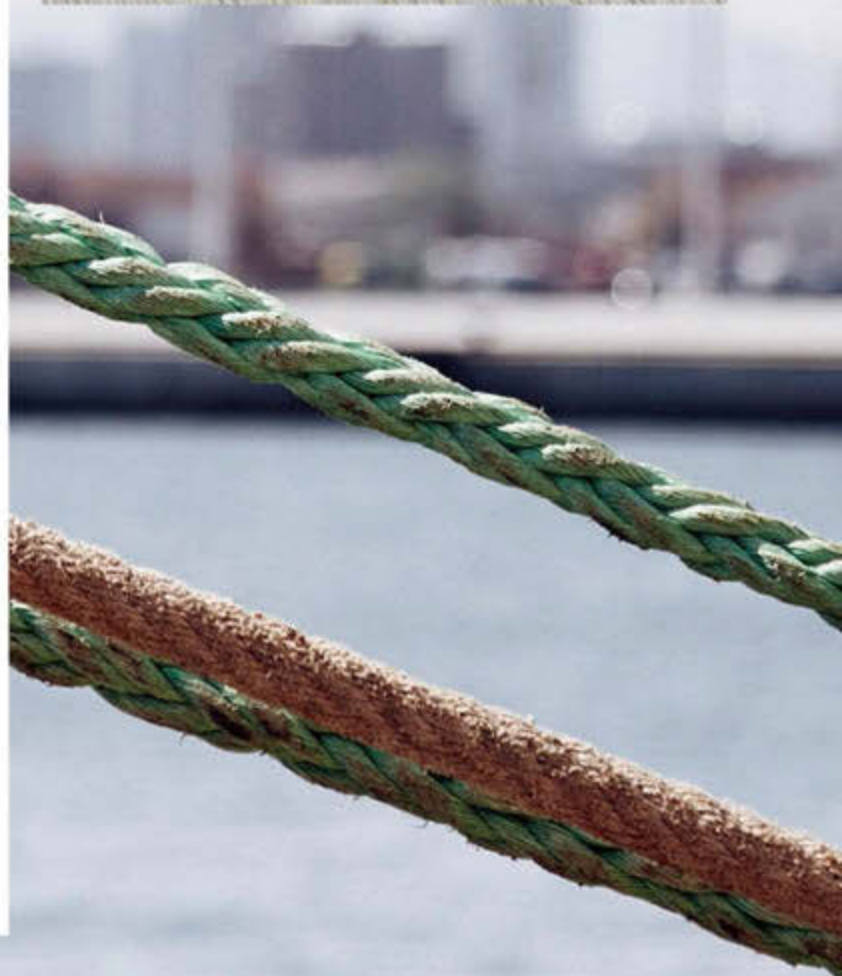
LACOSTE



Available at

Shangri-la Plaza Mall, Tel. No. 635-0744 • Glorietta 3, Tel. No. 867-4077
 Robinsons Place Manila, Tel. No. 567-3647 • The Podium Mall, Tel. No. 633-8226
 The Gateway Mall, Tel. No. 912-5726 • Robinsons Galleria Mall, Tel. No. 638-8020
 The Power Plant Mall, Tel. No. 898-0933 • SM MOA, Tel. No. 556-0479
 Trinoma Mall, Tel. No. 901-3578 • SM Megamall Atrium, Tel. No. 637-5010
 Newport Mall, Resorts World-Manila, 659-8396 • Robinsons Magnolia,
 Tel. No. 470-4550 • Marquee Mall, Angeles, Pampanga, Tel. No. (045) 304-0687
 Ayala Center-Cebu, Tel. No. (032) 232-5455 • SM City-Davao, Tel. No. (082)
 297-2510 • Abreeza Mall-Davao, Tel. No. (082) 321-0048
 Veranza Mall-Censan, Tel. No. (083) 878-1445

pentstarsports.com



04.15

Braver, Hotter, Better

Confidence is sexy. Don't believe it? Just watch Jasmine Curtis-Smith

BY ANNA FELIPE

PAGE 118

112

Flame On!

The scorching MH Girls of Summer turn up the heat. Are you ready?

BY LIO MANGUBAT, GABRIEL A. PANGALANGAN, AND ENRICO MIGUEL T. SUBIDO

117

Paradise Now

Transform your vacation into an epic event with these trips and tips

BY LIO MANGUBAT, GABRIEL A. PANGALANGAN, ENRICO MIGUEL T. SUBIDO, AND WAYNE JOSEPH TULIO



Men's H



B R A V E

JASMINE
CURTIS-SMITH
LETS US IN ON
THE SECRETS
THAT ARE
HELPING HER
RISE TO THE
TOP. OH, AND
SHE SHOWS
HER ABS, TOO.
WE DO COUNT
OURSELVES
LUCKY

BY ANNA
FELIPE /
PHOTOGRAPHS
BY SARA BLACK

B O L D

B E G I N N I N G

STYLING BY TRACY AYSON
MAKEUP BY JOHN PAGADUAN FOR SHU UEMURA
HAIRSTYLING BY APRIEL SEGUIN

SHOT ON LOCATION AT CRIMSON HOTEL, FILINVEST CITY, ALABANG,
MUNTINLUPA. SPECIAL THANKS TO ALEX AQUINO

Black Swimsuit from Chesa

PAGE
118

JASMINE CURTIS-SMITH

DOESN'T GET INTIMIDATED

EASILY. AS SOON AS SHE

ENTERS THE DRESSING ROOM

for her first-ever swimsuit photo shoot, she sees over 30 pairs of teeny-tiny bikinis all lined up. Her reaction? She lifts her loose black shirt up to give her stylist a preview of her newly carved abs. She's ready. Bring it.

This particular challenge of abs acquisition was something the actress and TV host started working on in January. Its roots, however, can be traced back to two years ago. "I've decided to finally achieve my New Year's resolution from 2013! I want to make my health and fitness a priority," she says. "I've always been able to make it seem like I'm living a healthy lifestyle, but it was really more of an up-and-down flow, and self-discipline was nonexistent. This year, I want to be consistent!"

That consistency came in the form of core-, legs-, and booty-focused workouts with celebrity personal trainer Alvin Abano. For her diet, she shifted to healthy, calorie-controlled meals developed by nutritionist to the stars Nadine Tengco. (Talk about passing the family torch: This same duo is responsible for ate Anne Curtis's *#fitspired* bod.) "I never pictured myself working out to achieve a goal and a certain body type, but there was just a spark in me. *Kung hindi ko pa gagawin ngayon*, I don't think I'll have the will to do it in the future," she reveals.

The road, predictably, wasn't easy, as anyone who's gone to the gym for the first time in, like, forever knows. "After the first [workout] session, *sabi ko talaga*, 'Ayaw ko na! Bakit ko ba 'to ginagawa sa sarili ko?'" Curtis-Smith confesses. "I couldn't even go down the stairs *sa sakit ng katawan ko!* I also had a hard time sticking to my diet at first because it was so different from what I used to eat. I was never a fan of salads, and I would eat whatever I wanted, whatever time of day. The sudden change was so drastic and difficult." To clamp down on her cravings, she would sometimes sneak in some pancit canton for merienda. "But I needed to change my perspective and try to mature," she adds.

PROJECT 21

In the last four years, Curtis-Smith has done a lot of maturing. Gutsy decisions seem to be her signature move. Prime examples: moving on her own to the Philippines after graduating from high school in Melbourne; pursuing a career in the same industry where her older sister Anne reigns supreme; taking on off-the-beaten-track projects (like 2013 indie film *Transit* and her current stint as host for street-dance battle show *Move It*), and working to earn a college degree while juggling her showbiz commitments (she's now enrolled at the Swinburne University of Technology via Open University Australia, taking up Behavioral Studies online). "The liberty, freedom of choice, and

HOT TRAVEL TIPS

She racks up the miles, either shuttling back and forth to Australia to spend time with family, or going around the Philippines for both work and play. In short, Jasmine Curtis-Smith knows a thing or two about planning the best trips. Cop her tips for a stress-free holiday

IT'S ALL ABOUT COMFORT

"Never forget to bring a neck pillow. It's an inexpensive way to get additional comfort—*kahit nasa economy ka*, 'di ka na masyadong maha-hassle."

PACK A REFRESHER KIT

"If you're taking a long flight, you should be prepared to step out of that plane feeling fresh. 'Pag hindi ka kasi prepared, you have that airplane stench 'pag baba mo—your breath isn't fresh and *ang baho ng hair mo*. So I always have an extra pair of underwear, spray-on deodorant, toothbrush, toothpaste, and a bottle of scent in my carry-on bag."

TAKE NAPS

"Even before I travel to a different time zone, I adjust my body clock *dito pa lang*. I take naps instead of sleeping so that when I land, that's when I sleep *na talaga* based on their time. As much as possible, I get enough rest before my flight."

DON'T OVERPACK

"Plan what to wear and what you really need to bring based on what you want to do at your destination and the weather there. Make sure you have enough space in your luggage to bring home stuff for yourself."

SNAP BETTER PICS

"I like to take photos of the views instead of taking too many photos of myself. *Nagpa-picture ka nga*, 'di naman kita 'yung view. *Sayang*, 'di ba? Make sure you capture the scenery, too. It's also good to take a break from taking photos or posting them on social media. Just enjoy people-watching or sitting down somewhere to observe, and really be there."

"I WANT TO
MAKE FITNESS
A PRIORITY.
THIS YEAR, I
WANT TO BE
CONSISTENT"





trust that my parents always gave me made me comfortable in making my own decisions. Even big decisions never felt so daunting,” she explains.

Ballsy moves are what you need to make your way up in the industry, but there’s just something about the way she seamlessly balances being self-assured and down-to-earth that makes you take notice. “Whether it’s work or working out or studying, I want to make sure I do it even better,” Curtis-Smith affirms. “It’s all a learning environment for me. *Hinahanap ko ‘yung* drive to be excellent—and it’s not about being competitive. I just want to be a better version of myself.”

This month marks what Curtis-Smith considers a milestone birthday. “Turning 21 is really all about discipline and sticking to what I said I will do. I want to be more responsible in all aspects of my life,” she stresses. “Project 21 years old, let’s do this!”

She admits her steely resolve to be a braver, better version of herself stems in part from her experience of surviving the avalanche of issues that almost buried her in 2014—from a leaked audio “scandal” to a much-publicized rocky relationship and eventual breakup. “Going through all of that is [just like] an entrance exam *pala* to a university. *Patikim pa lang ‘yun*. I can never escape it, no matter how private I try to be,” she shares, seemingly resigned to the fact that this is, indeed, the life she chose. But the prospect doesn’t faze her: “I know more challenges will come my way, so I just want to be able to handle them with grace and strength—to be someone that people, myself included, will respect.”

Another thing she has learned from her brush with the rumor-mongering side of the biz? Don’t forget to laugh (and shake) some things off. “I have a good support system, thanks to my family and my manager. I value their wisdom *kahit minsan sa simula, sinasabi kong, ‘Hindi ninyo naman ako naiintindihan eh!’* she concedes. “When we talk, I realize some things shouldn’t matter as much as others.”

“HINAHANAP KO YUNG DRIVE TO BE EXCELLENT—AND IT’S NOT ABOUT BEING COMPETITIVE.”

This perspective allows Curtis-Smith to stay sharply focused on her goals, without losing that sense of wonder or forgetting to have fun. During this shoot, for example, she exchanges playful verbal jabs with her trainer who is there to make sure her hard work is captured perfectly on cam. “Coach, *papakitaan kita ng abs*,” she laughs. “*Akalain mong nagawa ko ‘to?’*” The abs are just a start to her getting noticed (and by God are we looking). It’s really the perseverance and commitment that will seize everyone’s attention—and not let go. ■

Both swimsuits from Kai Swimwear

FAST TALK:

JASMINE CURTIS-SMITH

A Her best vacation destination?
AMANPULO

C A song currently on repeat on her playlist?
“SEE YOU” BY HALE

E Least favorite exercise?
SIT-UPS

B On her travel bucket list?
SOUTH AMERICA

D Favorite exercise?
BICYCLE CRUNCHES

F Expression she uses too often?
GO!



THE GIRLFRIEND WORKOUT*



*Will also work on you

To score her taut core and toned legs, Jasmine relied on a resistance-cardio training plan created by personal trainer Alvin Abano. Doing a combo of resistance and cardio moves in one routine and using her own body weight for each exercise, she was able to torch more calories and hit more muscle groups in less time. Want your girl to flaunt her own toned tummy (and get a full-body workout)? Let her in on these moves, straight from Abano.

BICYCLE CRUNCHES TARGET ABS AND OBLIQUES IN ONE EASY MOVE.

1. Lie flat on the floor with your hands behind your ears. Raise your legs about six inches off the floor and bring your shoulders up, so that your arms are in a wide V.
2. Next, use your abs to drive your right elbow toward your left knee. Release, then drive your left elbow toward your right knee. Continue alternating sides for 12 to 16 reps.

SIT-UPS FLATTEN THE TUMMY EFFECTIVELY.

1. Lie face up on the floor with your knees bent and feet flat. Raise your torso to a sitting position. The movement should be fluid, not jerky—if it's the latter, you need to use an easier variation.
2. Slowly lower your torso back to the starting position.

SQUAT PRESS WITH BURPEE WORKS EVERY BIG MUSCLE IN THE BODY WHILE RAISING THE HEART RATE.

1. Stand with your feet shoulder width apart. Position your hands at shoulder level, palms facing forward.
2. Keeping your chest up, lower yourself into a squat, bending your knees until your thighs are parallel to the ground.
3. As you stand up, push your arms and hands overhead. End the move with a burpee. Perform six reps.

SQUATS WORK THEM BUNS IF YOU DON'T GOT NONE.

1. Stand with your feet spread shoulder width apart.
2. Lower your body by pushing your hips back and bending your knees. Pause, then push yourself back to the starting position.

JUMPING LUNGES TIGHTEN AND TONE THE LEGS IN A FLASH.

1. Step forward with your left foot and lower into a lunge.
2. Jump straight up off the floor, swinging your arms forward and switching your legs in midair, like scissors. Land in a lunge with your right leg forward. That's one rep. Do 10 reps per leg.

Sit-Up Tip:
"Make sure you are using your core muscles to lift your torso up. Avoid relying on momentum or using your hips and back to do this move," says Abano.

G Fave healthy food?
CHICKEN STUFFED WITH MANGOES

I Achievement she's most proud of?
FINISHING HIGH SCHOOL WITH HONORS AND WINNING MY CINEMALAYA BEST SUPPORTING ACTRESS AWARD

H Go-to cheat meal?
FRENCH FRIES, SOUR CREAM AND BARBECUE FLAVOR

J Best life lesson she learned the past year?
"YOU GOTTA SAVE SOME FOR YOURSELF."

On Jessica: Wanderlust (available at theluxeresort.com); on Ana: Koi Swimwear (shopatlovekoi.com); On Hye: Soak Swimwear (soakswimwear.com); On Valeen: Cesa (cesaph.com); On Leslie: Wanderlust



SUMMER SLAM


KNOW HOW TO:

- BE FUNNY
- NOT LOOK LIKE A DOUCHE
- GROW A BEARD
- DIVE INTO A HIPSTER SPORT
- WALK LIKE YOU OWN THE RESORT
- DATE A MUSIC LOVER
- GRILL ON THE BEACH
- GET HER NUMBER
- VACATION FOR A CAUSE

LOVELY LADIES. UNBEATABLE
TIPS. YOUR ULTIMATE GUIDE
TO THE **HOTTEST,
SMOOTHEST,
SWAGGIEST**
SUMMER EVER

BY LIO MANGUBAT, GABRIEL A. PANGALANGAN, ENRICO
MIGUEL T. SUBIDO, AND WAYNE JOSEPH TULIO
PHOTOGRAPHS BY XANDER ANGELES AND JAKE VERZOSA
ILLUSTRATIONS BY TAGA-ILOG



A full-page photograph of a woman with wet, reddish-brown hair, wearing a black two-piece bikini. She is sitting on a stone ledge of a waterfall, with water cascading down on either side of her. She is looking directly at the camera with a slight smile. The background is filled with lush green foliage and trees.

THE COMEDIENNE

VALEEN MONTENEGRO

Valeen Montenegro—no joke—wants to do everything. “I want to skydive. I want to parasail. I want to mountain-climb. I want to trek,” she shares, ticking a list off with her fingers. “*Dami pa*. Actually, name something—I probably want to do it.” Credit that gung-ho spirit to an up-and-at-’em athletic gene (her dad played for the national football team), a sporty inclination, and lots of workouts.

“I do a lot of squats and lunges, a lot of balancing. I like sliding movements, jumping up and down, and ladder exercises,” she enumerates. To her, the difficult bit to pull off, as always, involves the glutes: “I think it’s really hard to get an ass.” Funnily enough, she wants to work out to the point that she doesn’t look like she works hard for it. “*Gusto ko na ang body ko yung parang* people will wonder, ‘Does she really work out? I’m not sure!’” she laughs. You can call it being cooly fit.

As one of the resident funny women on TV5’s sketch show *LokoMoko U*, Montenegro has surprisingly serious insights about what it takes to make people laugh. “I think you can train your sense of humor,” she believes, adding that she actually doesn’t believe she’s the funniest person among her friends. But before you can become funnier, you have to become unafraid: “You have to obligate yourself to get into a dangerous position. It’s either you jump off the cliff, or you run away.” Courting these risks will force your brain to think fast—an essential edge in comedy.

Montenegro thinks of herself as an unlikely comedian. “Right now, I feel like I’m so boring,” she demurs. But her game-for-anything outlook means she’s dead set on going places. “Anything adventurous, yes, yes, yes! I wanna do that!” she raves. “I become a better version of myself. And I always want to be a better version of myself.”

MAKE YOUR FRIENDS PISS THEIR PANTS

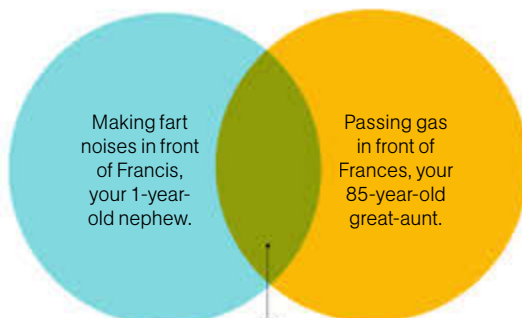
It's funny how seriously some researchers study comedy. Peter McGraw, Ph.D., a quantitative psychologist, runs the Humor Research Lab (code name: HuRL) at the University of Colorado at Boulder. He and I also coauthored *The Humor Code*, a book that proffers a universal theory of guffaws: Good jokes find the sweet spot between too tame and too gross or creepy. This is the "benign violation" zone. (Seriously, that's what it's called.) Here's how to benignly violate your friends. —JOEL WARNER

● **YAWN** (strictly benign) ● **LAUGH** (benign violation) ● **GROAN** (malign violation)

BODILY FUNCTION



Professor McGraw says: This brand of humor is juvenile, so it really only works well with kids.

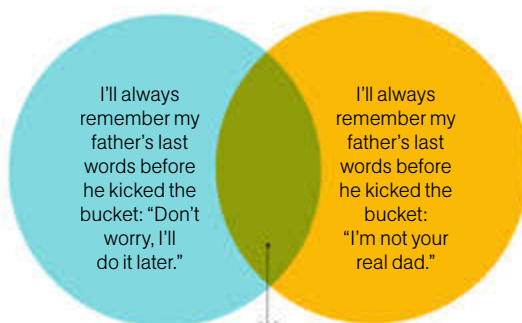


Actually farting in front of Francis, your 15-year-old cousin.

ONE-LINERS



Professor McGraw says: The success of one-liners hinges on wordplay, puns, and being way too literal.



I'll always remember my dad's last words before he kicked the bucket: "Luke, I am your father." (Insert Darth Vader breaths.)

How to pull off a killer hirit

According to MH Woman Valeen Montenegro—and the latest in psychological science

Relax and make sure you're with pal

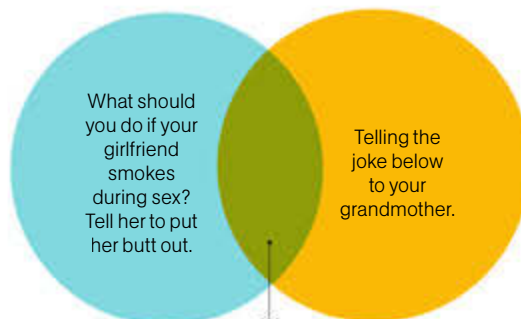
Valeen says: "Di naman ako ma-punch-line funny. Mga hirit, conversational funny ako. Pantay-pantay kaming magkaibigan, nanggagago lang. Gaguhan lang kaming lahat."

Science says: People are 30 times more likely to laugh when they're with others, compared to when they're alone—and they'll laugh even more among friends, writes Sophie Scott of the UK Academy of Medical Sciences.

DIRTY JOKES



Professor McGraw says: A risqué joke is a zany way to explore taboos—but among peers, not family.



What to do if your girlfriend smokes during sex? Use lubricant.

VISUAL



Professor McGraw says: Combining cute and scary in a surprising way is golden.

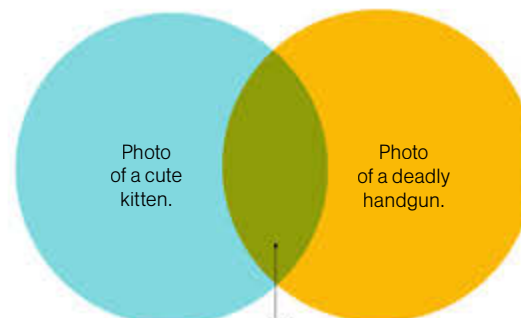
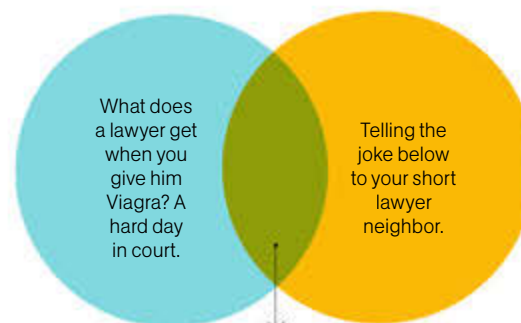


Photo of a kitten with its paws up facing a pointed gun.

DEROGATORY



Professor McGraw says: The subject of the joke is also the butt of the joke. So be careful!

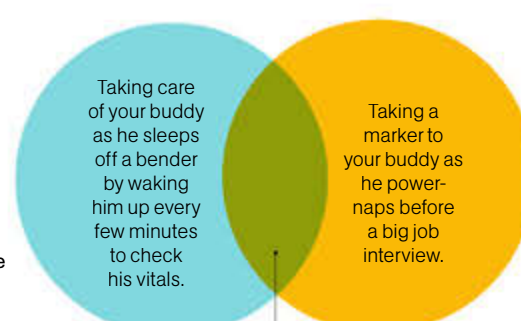


What does a lawyer get when you give him Viagra? Taller.

PRANKS



Professor McGraw says: Embarrass the target but make it easy to recover. (You can practice with our gag on page 109.)



Taking a marker to your buddy as he sleeps off a bender.

PULL OFF THE PERFECT PRANK

The problem with April Fools' jokes? They're just so predictable. (Plastic wrap on the toilet seat? Again?) You want people laughing with you, not at your lack of imagination. So we tapped John Austin, an industrial engineer and the author of the DIY series *Mini Weapons of Mass Destruction*, to gin up a prank so good it'll keep on delivering—even after your victim springs it on himself. One variation is safe for the office (kinda). The other, not so much. —LILA BATTIS

THE COWORKER CAPER



Add Bling

2 party poppers, 3 small vials glitter, 1 box thumbtacks

START HERE



Materials

Empty copier-paper box with lid; enough foam packing peanuts to fill your box; hot-glue gun; scissors; duct tape

THE BUDDY TRAP



Add Fur

3 tiny mouse cages, 1 mouse, a few feet of string

Plan Your Entrance

Show up at work an hour early to cart in your materials, set the trap, and clean up. This way, no one tips off your coworker about the prank.

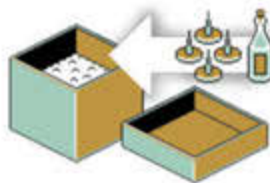
Sneak the Attack

Hang out with your pal the day before. Then pop by his office and say you forgot something at his place. Borrow the keys. You're in!



Create the Con

Cut out the entire base of the box; then set it on a flat, raised surface, such as a desk or table, open side down.



Customize the Chaos

Tape a party popper to one interior wall and another to the opposite wall. Pull the trigger strings taut and tape them to the table. Fill the box with peanuts first, then glitter and thumbtacks.



Mess with His Mind

Close the cages and lock the mouse in one of them. Cut three pieces of string; tie one end of each to a cage. Tape the empty cages' strings to the interior of the box; don't tape the third string.



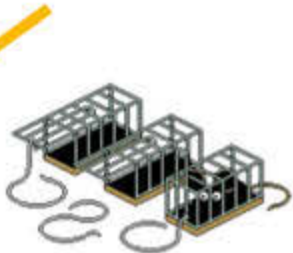
Execute Office Antics

When your coworker tries to open or move the box, he'll lift it up. That'll unleash an avalanche of hard-to-clean-up crap and trigger a bang, letting everyone know this coworker's been had.



Seal the Deal

Lay a thick bead of glue around the top edge of the box. Put the lid on and hold it firmly in place for at least 30 seconds so the glue starts to set.



Cue the Home Hijinks

When your bud picks up the box, he'll see a flurry of peanuts and hear two cage doors clatter. The still-caged mouse means one rodent didn't escape. But two more are still at large!

MEET MORE LADIES AT THE BEACH

Talking to a hot bikini-clad girl will always be tricky. Ace your approach with this three-step plan

Step 1:

Pay her a compliment

Flattery is always a great way to break the ice. "Consider complimenting the woman in question on her accessories that are easily noticeable," writes John Fate in *The Nice Guys' Guide to Getting Girls*. Say something like, "Nice cap you're wearing, it looks good on you."

Step 2:

Get her to talk about herself

Ask questions that will make her share a little bit about herself. She will keep the conversation going, especially if it's about things she is passionate about. "When you and a girl talk, the one who's talking more will enjoy the conversation better when you part ways," explains Selina Dagdag, a model and Philippine Super Liga courtside reporter.

Step 3:

Seal the deal

Once you get the conversation going, don't forget to ask for her number. This shows her you're interested. Give her your number to return the favor.

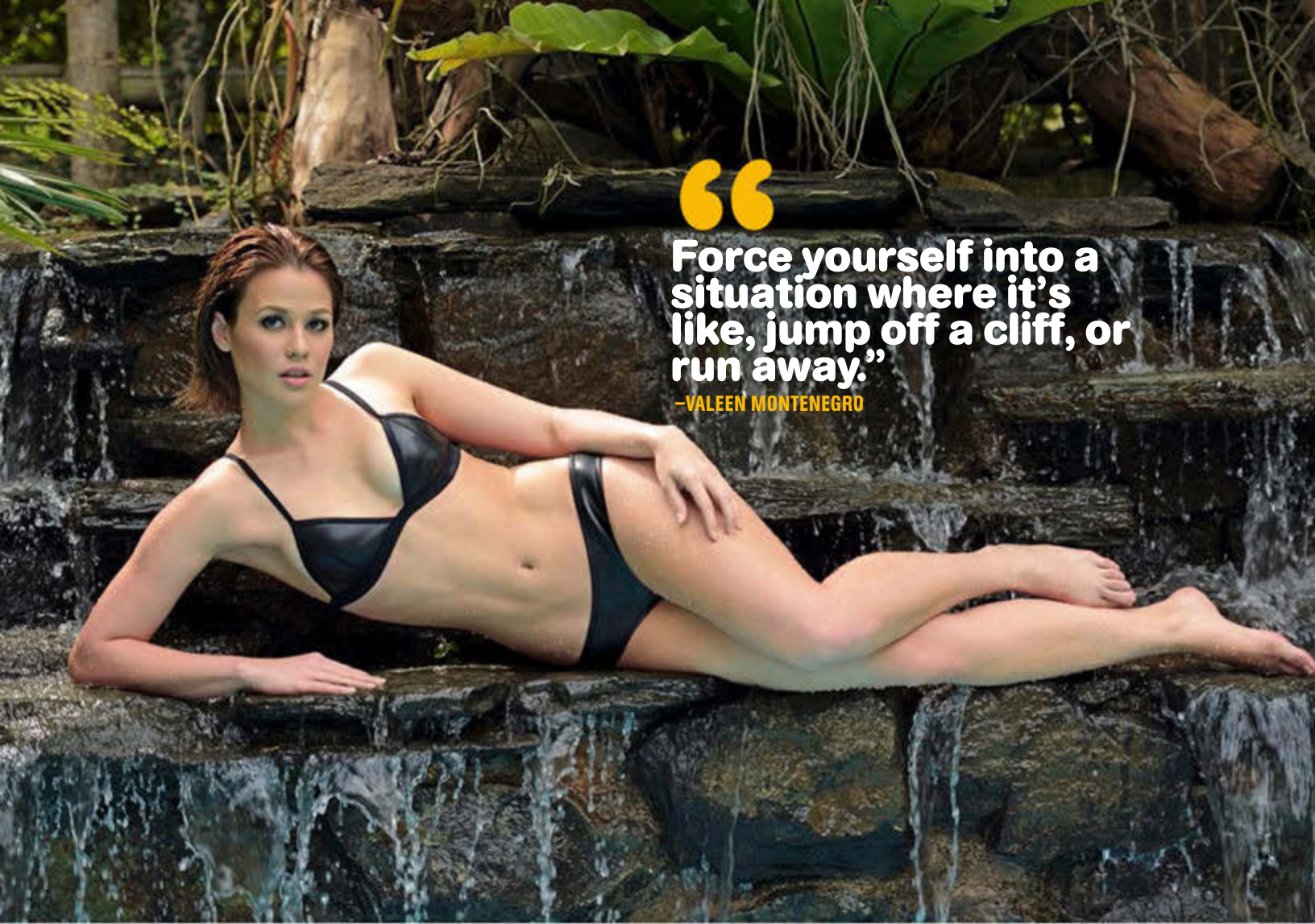
—Wayne Joseph Tulio



“

Force yourself into a situation where it's like, jump off a cliff, or run away.”

—VALEEN MONTENEGRO



Straight Talk: Valeen Montenegro

What's the one sport you regret you don't do as much anymore? “Volleyball. *Parang* whenever I watch the NCAA or the UAAP, I wish I could spike like that, *pero hindi ko na nagagawa yun. Ang galing-galing nina Michele Gumabao.* I also used to run a lot before, but that had to stop. It sheds a lot of weight and fat, *pero kasabay nun*, you have to work out *din*, because if you just keep running, *parang naglo-loose, nawawala lang ang fat mo, pero walang toning.*”

What's the most adventurous thing you've done on a shoot? “You know what? I feel like I'm a mermaid (laughs). I belong in the water. So there was this one shoot with Aga Muhlach for Pinoy Explorer. *Meron siyang sariling oxygen tank na shinare niya sa akin.* We went *mga* 20 meters down. It was so serene. It was so quiet. I loved it. I want to do that again.”

What's the weirdest thing you notice in a guy? “I like checking out...*yung pag medyo nakababa yung board shorts, tapos merong tan line kung saan mas maputi yung medyo ass part. Ang weird! Yung tan line na nakababa nang ganyan.* Yeah. I like that.”



LIVE LONG AND VOLUN-TOUR

We highlight some new summer destinations—and how doing some volunteer work at each can change your life —ENRICO MIGUEL T. SUBIDO



Going on vacation is good for you. Add a touch of volunteer work to your vacation, and the benefits get even better. A 2012 study in the journal *Health Psychology* suggests that those who do regular volunteer work have longer lifespans. Here's where you can help those who need help—while reaping the healthy benefits.

PLANT A TREE + SCALE A VOLCANO

Destination: Mt. Matutum, Tupi, South Cotabato

It's not always a great idea to go trekking on a listed active volcano, but come on, man, where's your sense of adventure? Here's

something to quell your fears: Mt. Matutum last erupted sometime in the early 1900s, according to seismologists. It's been dormant ever since, but it still registers some seismic activity. Things continue to brew underground, resulting in two hot springs located in close proximity to the mountain. **Visit:** Climbing the country's 14th highest peak (listed at 7,523 feet above sea level) promises a unique experience. At the summit, you can see surrounding mountains such as Mt. Apo, Mt. Parker, and the Daguma Range on a clear day. Spend the night up there and the lights of General Santos,

Koronadal, and Polomolok will mesmerize.

Volunteer: What makes the Mt. Matutum climb really memorable is taking part in the forest rehabilitation efforts that the local tourism unit has put into place. "Protected landscape *kasi ito, Binabawalan na namin ang kaingin* (slash and burn farming), *at ang purpose ng project namin ay reforestation at rehabilitation*," explains Maulvi Bajunaid of the Tourism, Information and Environment Office in Tupi.

CONVERT FISHING BOATS TO ECOTOUR DINGHIES + SNORKEL AND DIVE

Destination: Pamilacan Island, Bohol

Pamilacan Island is said to derive its name from the root word *pamilac*, or harpoon in the regional language. Historically, these hunting devices were used to capture manta rays, whales, and dolphins—creatures to the waters surrounding the place.

Visit: Today, however, those who visit Pamilacan Island find that residents have mostly turned away from their hunting heritage to get into ecotourism. Visitors can snorkel with the wildlife and go on sightseeing boat tours.

Volunteer: During your trip, sign up to help transform an old fishing boat into a ferry for safe and sustainable ecotourism. Take part in repainting the vessel,

repairing the hull, or getting it seaworthy for a more sustainable kind of ocean adventure. The locals and the local wildlife will thank you for your assistance.

PLANT A MANGROVE + TAKE A RIVER TOUR

Destination: Mangrove Forest, Puerto Princesa, Palawan

Puerto Princesa catapulted to the world stage of ecotourism after the famed Subterranean River National Park was named one of the New 7 Wonders of Nature. But the 8.2-kilometer underground river is just the tip of the iceberg when it comes to the province's rich biodiversity. A lesser known mangrove tour, done in Barangay Cabayugan, Puerto Princesa, is also worth checking out.

Visit: The mangrove tour takes 45 minutes back and forth across a river, and guides spectators through the lush, natural mangrove reserves of the island.

Volunteer: "For a minimal fee, those who partake in the tour can plant their own mangrove seedling and contribute to this rich part of our ecosystem," says Norma Ortega of the Sabang Paddle Boat Tour Guide Association. Here's a tip: Tie something loosely onto the seedling so that next time you visit, you can point out which one you planted to your girl. *Pogi* points for being environmentally conscious!

Master the Beach Strut

Hye Won Jang used to hunch a lot to hide her height. Then she became a model, "and that's when I started appreciating my height," she says. Use these tricks to max out your inches, fix your posture, and get noticed...especially when you're walking down the beach


Push your chest out. Your shoulders should straighten out and relax naturally, avoiding the hunch. This works wonders for your self-confidence, too. A study in

the *European Journal of Social Psychology* discovered that students who sat with their torsos front and center rated themselves as more competent than slouchers.

Swing those arms. A little bounce in your step goes a long way in improving your mood. Sullen, immobile arms and a plodding gait may darken your mood, suggests a 2014 Canadian study—so keep those arms moving to give off a sunny vibe that'll get noticed by that cute sunbather looking to share her piña colada.



On Hye: Two-toned bikini from Soak Swimwear (soakswimwear.ph), printed bikini from Wanderlust (available at theluxeresort.com)



If modeling were basketball, Hye Won Jang would reign in the paint. At 5'10", she towers over the guys at the shoot. Yet despite the height advantage, why is she the one who's nervous?

"It's my first time wearing a swimsuit with so many guys looking around," she reveals. Thankfully, when the lights pop, her pro instincts take over.

Jang has worn many geek hats—she has a degree in management engineering from one of the country's top universities, and she was active in ballet for six years—but it's her fashion geekery she's proud of the most. Before she conquered the runway, though, this member of the Professional Models Association of the Philippines thought of herself as the awkward misfit who did everything she could to hide her height. "I lacked confidence because everyone else was shorter than me," she bares. "I was super *kuba*, because of course you try to fit in." Ballet helped improve her posture, but it was only when modeling beckoned during her university years that she finally shed her awkwardness and embraced the qualities that make her, well, stand out.

As a former lanky, gawky, shy type herself, she's acutely conscious of how people project themselves. "I think most people who are very shy haven't really seen a lot of the world yet," Jang opines. Her own breakout moment came in senior year of college, when she was booked to do a fashion show in Dubai. She returned from the gig with a newfound maturity. Emboldened, Jang promptly booked a three-month Southeast Asian tour to chase her modeling dreams. She would arrive in each country—Malaysia, Singapore, Hong Kong—with no guaranteed job, and relied on her newfound street smarts to make her mark in the international fashion scene.

"If you go abroad, it changes you," she reflects. "I saw a quote once on Instagram—'Those who do not travel only see one page of a book.' And that's so true. When I came back, I felt like I'd grown so much, and I've matured and I can take better care of myself. And I had a lot of fun."

THE MODEL

HYE WON JANG

“Traveling changes you. Your world becomes bigger, and you open your mind.”

— HYE WON JANG

THE SUMMER FOOD FACE-OFF

It's you, a grill, and a whole *barkada* of hungry friends waiting to dig in. Just how do you feed them all? Together with Chef Brando Santos of culinary school Global Academy, we size up the best beach choices for the ultimate vacation pig-out —LIO MANGUBAT

	COST	DIFFICULTY	EXPERIMENTABILITY	CHEF TIP
CHICKEN BREAST	* "You can go for bone-in cuts that are cheaper."	** "Because of the varying width, there's a danger of overcooking this."	** "Chop it into pieces to make it into a kebab."	"Pound the meat with a mallet or score the meat with a knife to make sure it grills evenly."
LIEMPO	* "A very affordable choice."	* "Cooking with <i>liempo</i> is very forgiving."	** "What I like to do is chop up the grilled meat and fry it for a <i>sisig liempo</i> ."	"If you're not watching your health, make sure there's a one-to-one ratio of meat to fat for the best flavor."
RIB-EYE STEAK	*** "Rib-eyes are probably your best choice if you want to be practical."	** "Don't be fooled: Steaks are actually easy to cook."	* "Experiment with different rubs and marinades."	"With steak, it's important to keep the integrity of the meat. Don't slice, score, or spear the meat while cooking so the juices won't come out."
LOBSTER	*** "When you buy lobsters, <i>kasama ang shell sa timbang</i> ."	*** "Overcook this, and the meat gets very tough and chewy."	* "You want to appreciate the meat because you paid so much for it, so it's best to grill or boil it."	"Grill it shell side down first. Watch the meat as it turns opaque, then flip it quickly for a medium-well sear."
SHRIMPS/PRAWNS	** "Inspect the quality of the shrimp carefully before you buy."	** "The longer they cook, the harder they get."	*** "You can grill, deep-fry, or serve them in skewers."	"When buying shrimp, look at the color. <i>Hindi dapat nangingitim ang shell</i> . It must be crispy, and the shrimp must smell fresh."



CHEF SANTOS' QUICK BITES

FISH FRESHNESS: "Want more flavor? In the cavity of the fish, add stuffing like citrus slices and herbs."

CHICKEN TRICK: "If you're grilling, try covering a piece with a mixing bowl. The ambient heat will make it cook faster."

BURGER BONUS: "If you're making your own patties, do a 70-percent meat, 30-percent fat mix."

THE BEAUTY QUEEN

LESLIE PINE

Leslie Pine loves the Philippines, straight up. This bubbly California native (who turns 20 this month) is a self-confessed "water baby" and can't get enough of the ocean—points for our archipelagic nation right there. "I love being in the water. Growing up, I was always near the beach. In high school, I was presented the opportunity to train to become a lifeguard, so I immediately took it. I honestly feel like I was meant to be a mermaid or something!" she shares excitedly.

Aside from appreciating the motherland's natural charms, however, Pine relishes each opportunity to connect with her many relatives here, confessing that she is very family-centric. "Whenever I get the chance, I go back to [my mom's province of] Nueva Ecija," she says. "It's so much more refreshing there than in the city. I have probably met over 50 cousins here on my mother's side!"

A former participant of Ms. Philippines Earth in 2014 (she cracked the top 15) and currently a part of GMA's talent pool, Pine is familiar with cameras — knowing all too well the kind of dedication and discipline needed to look good in front of them. Already a strong swimmer, Pine also dabbles in other workouts like running and weight training. For all you leg-day skippers, be ashamed: Pine admits that the squat is her favorite exercise. That, and "anything that works my butt and legs," she adds. Her current sporting dream? To do a triathlon. We say: Go for it!

“

A true girl of summer shines without the spotlight.”

— LESLIE PINE

GROW YOUR OWN SKOBA NG PAG-IBIG

Yes, that's what radio host and Gillette endorser Sam YG calls his lady-pleasing patch of facial hair. Whatever your reasons for beard-growing, keep it neat with this step-by-step guide from Procter & Gamble marketing chief Ramachandra Golikere.

1. Prepare your skin

Use a facial wash or scrub to help soften facial hair before you shave. You should also hydrate your skin with warm water for at least three minutes to soften your facial hair further and make it easier to cut.

2. Start with the right tools

Use a non-drying, dermatologist-tested shaving gel, to soften facial hair and help defend your skin against nicks and cuts. For the razor, a multi-blade razor with the blades spaced closer together will help reduce pressure on each blade, ensuring more comfort and less irritation.

3. Use good technique

Shave with light, gentle strokes. Your razor should do the work, not you. Start shaving with the grain (in the direction of hair growth). Then, if necessary, cut against the grain for an even closer shave.

4. Save the best for last

Working on your upper lip and the areas around your mouth last will give the shaving gel more time to soak in. Also, a single blade is really useful for the tricky places, such as under your nose.

—Enrico Miguel T. Subido



The A-Hole Accessories

STYLIST ASHLEY WESTON SAYS THAT YOU SHOULD NOT WEAR THESE



RINGS (PLURAL)

One is fine. But unless your name is Ozzy, keep it that way—not fussy, and never around the thumb. (The '90s are so last century, dude.)



BRACELETS (PLURAL)

You want your watch to be the main attraction. Stick to a single bracelet, worn on the same wrist that the watch adorns—and no more.



EARRING(S)

How about you stick with none? Earrings on a man are distracting, and the line between cool and corny is so fine that it's not worth the risk.



LOUD EYEWEAR

The trend toward cheap "statement" glasses works only if you're a member of LMFAO. Resist; go with a more understated pair.

THE NEW-SPORTS-TO-TRY CHECKLIST

Drop the *kanto* pick-up games and get the gang together to try these summer sports —GABRIEL A. PANGALANGAN

BRAZILIAN JIUJITSU

Want to hold your own in a fight, but worried that you don't have the muscle mass for it? Then get on the mat for Brazilian Jujitsu (BJJ). Known as the "gentle art," it teaches you to subdue an opponent without throwing a single punch. "You'll use technique and leverage to control and submit opponents who are bigger and stronger than you by using pins, joint locks, and chokes," explains Professor Toffy Ilagan, BJJ black belt and instructor at Fight Factory Manila in Greenhills, Taguig, and Tomas Morato.

Fit Advantage: "You'll develop cardio endurance, agility, flexibility, and balance while strengthening your entire body and mind. It's also fun to learn with friends," says Ilagan. For more info, check out [Facebook.com/FightFactoryManila](https://www.facebook.com/FightFactoryManila)

RUGBY

After a session of this gritty sport, you'll probably shrug off every hard foul thrown your way at your weekly basketball games. Rugby doesn't just toughen you up individually—as a team sport, it also forges solid camaraderie. "It's an invasion and evasion game," points out Cassie Umali, vice-captain of the Philippine Lady Volcanoes, the National Women's Rugby Team. "Once possession has been gained, the objective is to move the ball forward (by carrying or kicking it) into opposition territory and ultimately score points."

Fit Advantage: Playing rugby will make you a well-rounded athlete thanks to its two-hour training sessions that include plenty of sprinting and lateral movement. "Rugby is for everybody. It doesn't matter what size, shape, weight, height, or gender you are; there's a position for you on the team," Umali guarantees. For more info, visit [Facebook.com/PhilippineRugby](https://www.facebook.com/PhilippineRugby) and www.prfu.com

ARCHERY

Archers are cool (for evidence: Hawkeye in *Avengers: Age of Ultron*, in theaters this month). It's a deceptively simple sport: Pull a string back and get your arrow as close to the bullseye as possible. Your ability to remain

on target will rely a lot on your ability to stabilize yourself and the bow. "Archery is physically demanding, but at the same time, it's a low-impact sport," notes Isay Roque, marketing director of Kodanda Archery Range at Makati Cinema Square.

Fit Advantage: Archery is insanely therapeutic. "It improves posture if practiced consistently, and can help increase your concentration, focus, and patience," Roque enumerates. For more info, visit [Facebook.com/KodandaArchery](https://www.facebook.com/KodandaArchery)

FLOORBALL

If you still want the thrill of stick-jockeying (and hip-checking) without falling all over the ice because you don't know how to skate, floorball may be the sport for you. It's just like hockey, only it is played on a hardwood floor instead of on a rink and with a ball instead of a puck. Running and gunning is the name of the game, and putting a body on your opponent is par for the course. "You'll need lots of core strength to absorb the shoving that happens during games," says Anamaria Mangubat, captain of the Philippine Floorball Women's Team for the SEA Games 2015, and an instructor with the Department of Physical Education at the University of Asia and the Pacific. **Fit Advantage:** You'll definitely be huffing and puffing from all the legwork, adds Mangubat: "The quick tempo of the game definitely gives you a good workout as the sudden bursts of speed at one- to two-minute intervals serve as a form of high intensity training." For more info, inquire at info@floorball.org.ph



The Best Road Trip Advice

Fun fact: These dating tips from Ana de Leon will work, even when you're not planning a hot summer getaway

Be unpredictable. "Surprise each other from time to time. No need for expensive gifts; just buy her favorite snack, visit her unexpectedly, or cook for her."

Try this: Get out of bed early to leave a home-cooked breakfast in her cubicle. Your special effort will not be left unrewarded, that's a guarantee.

Seek adventure. "Go on trips and adventures, be it out of town or abroad. Step outside your comfort zones and try new things together."

Try this: Forget Hong Kong and try something off the beaten track in your own country. Dumaguete? Marinduque? Banaue? The choices are endless.

Let each other breathe. "Give each other some time apart to spend with your own friends and make time to miss each other."

Try this: Have weekly drinks with the guys without bringing your girlfriend along. Make sure she can do the same with her gal pals, too.



THE CHEERLEADER

ANA DE LEON

“
It doesn't
really
matter
where
you're
going.
What
matters
is who
you're
with.”


— ANNA DE LEON

If you want to impress MH Woman Ana de Leon, then you better get her heart racing. “Adventurous *talaga ako na* girl,” she emphasizes. “Game *ako* for anything with an adrenaline rush.”

From going on extreme rides in amusement parks abroad to getting tossed in the air in front of thousands of people as a cheer dancer, de Leon is addicted to excitement. In fact, this adrenaline junkie has plenty of pulsating plans for the summer. “I want to try bungee jumping or the trapeze in Bonifacio Global City,” she shares. This former varsity volleyball player also hopes to try new sports like surfing and football before hitting the books in med school.

For de Leon, summer means not only having fun but also traveling. “I want to go to Balesin or Bali,” she declares. “I want to explore new places. Traveling is tranquility, and it fascinates me. It calms me down and helps me de-stress.”

Broadening your horizons in new countries can be reinvigorating, but don't fret if you can't afford a plane ticket just yet. De Leon says spontaneous road trips with friends can provide the local traveler with plenty of adventure. “Go on road trips to Tagaytay to try the Sky Eye and the zip line,” she suggests. “Spontaneity is great, especially with friends. It might be cliché, but it doesn't really matter where you're going; what matters is who you're with. If you don't enjoy the company, *wala rin*.”

A full-page photograph of Jessica Yang, a young woman with long dark hair, sitting on a rock by a waterfall. She is wearing a blue and white patterned bikini. The background is lush green foliage and the sound of water.

THE INDIE GIRL

JESSICA YANG

Jessica Yang is cool. Want proof? She enjoys riding the waves, she has no qualms about guzzling down a bottle of craft beer between takes, and she can play the hell out of a ukulele. You can even catch her strumming away in her car when stuck in traffic, in coffee shops while passing time, or in random Instagram posts. And while she does this, she sings like it's nobody's business. "I love to sing," she says. "My family even has a karaoke machine at our house. Singing is in our genes."

Yang makes sure to just kick back and have fun wherever she finds herself, but she wasn't always like this. "I used to be a really boring person—my life was modeling and home," she recounts. She even admits she would just stay in the shade whenever she was at the beach. Now, thanks to her friends, she is always on what she calls a "natural high."

In love with fun and music, Yang can be spotted at music festivals in the Philippines and abroad. In fact, she has plans for this month's Wanderlust and Charli XCX concerts in Manila. This model will surely be making the most of her summer. "Summer is always better when you enjoy it with someone else. The beauty of the Philippines is that it's always summer here; you can do summer activities all the time." It helps, too, when there are gals like her to sustain that summer vibe all day long.

“Summer is always better when you enjoy it with someone else.”

— JESSICA YANG

How to Date a Music Lover

It takes a special set of moves to get the attention of a girl who always has some tune playing in her head. Jessica Yang offers some tips that might work

Book karaoke night. "I love karaoke. A girl would enjoy karaoke night. But if it's a first date, I'd like to see the guy in his element, because I also want to do things he likes to do."

Stick with a classic. "I wouldn't mind an old-fashioned *harana*. I adore people who play music and love art. But it's better if the guy isn't trying too hard and the song he sings isn't too cheesy."

Take her to a concert. "I plan to visit as many concerts as I can this summer. I love indie music in particular."



BUILD MUSCLE AT THE BEACH

You can keep active even while on vacation, and the beach is a great workout spot. "You can exercise and make it seem like you're playing in the environment. You combine unwinding with moving around," says Ferdinand Manabat, a personal trainer and Rip:60 master trainer at Gold's Gym.

The environment presents some unique body challenges. You can squeeze in cardio by swimming or running. As you run, Manabat says you work not only your legs but also your core, thanks to the uneven surface that will test your balance. The unstable sand is also great for bodyweight exercises. Try this simple circuit plotted by Manabat for a quick fat-burning routine.

Directions: Go from one move to the next for the desired number of reps or distance. Rest 45 seconds after one round and do three total. The minimal rest period will keep your heart rate up.

—WAYNE JOSEPH TULIO

EXERCISES

Aqua Jumping Jacks

Stand in a shallow spot in the water with your head above the waterline and your arms on your sides. Jump up and down while alternately bringing your feet and hands together against the resistance of the water. Do 10 reps.



Sand Sprint

Run as fast as you can for 10 meters. Make sure you swing your arms up and down as you run and extend your legs with each stride.



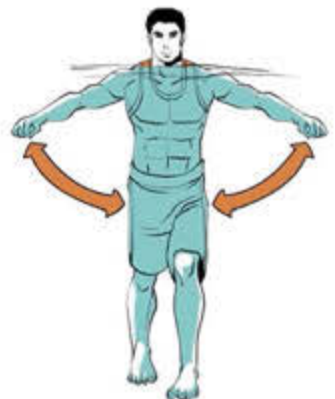
Shoreline Push-up

Assume the plank with your hands on the ground, your arms straight, and your weight resting on your hands and toes. There should be a straight line from your head to your feet. Lower yourself by bending both elbows until your chest is close to the sand. Pause, then go back to the starting position. Keep your core engaged throughout the move. Do 10 reps.



Standing Water Flies

Stand in a shallow spot in the water with your head above the waterline and your arms extended to your sides, thumbs pointing up. While keeping your back and arms straight, bring your arms closer together against the resistance of the water. That's one rep. Do 10.



Men's Health

Hot Damn!

Make Summer Epic!

- ✓ Pull the Perfect Prank
- ✓ Throw Punchlines that Bring the House Down
- ✓ Be the Grill King
- ✓ Impress the Hottest Girl on the Beach

AND 96 MORE
UNBEATABLE TIPS TO
SUPERSIZE THE FUN



MH Woman
**Jasmine
Curtis-
Smith:**
"I just
want to be
a better
version of
myself"



**FLIP TO
BUILD
BEACH-
WORTHY
MUSCLE**



APRIL 2015

ISSN 8080-2737



FACEBOOK.COM/MENSHEALTHPHILIPPINES

